

## News & Views



Newsletter

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### Our Website

Check out our website at: [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) for lots of information about Charnwood u3a, including details of our meetings, trips, all our Groups - old and new - and much more.

## Welcome

...to the February 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 on the last page.



**Our Next Monthly Meeting:**  
**Scottish Dancing**  
*(Postponed from last September)*



See page 3 for details.

## A View from the Chair



During the very warm autumn of 2022, those weather sages at the Met Office offered a long range forecast – winter before the turn of the year would be colder than usual, and then turn much warmer in the first two months of 2023.

Well, at least they got the first bit right. January, so far, has hardly been mild! The snow that fell on the 16th may have only amounted to a few millimetres, but it wasn't until 25th that our drive was finally ice free. Fingers crossed, we won't be doing too much slithering and sliding in February.

Despite the cold weather it does appear that we have, so far, fared very well with regards to both Covid and the Flu. I am aware of a few people having contracted the former but, in nearly all cases, symptoms have been mild and soon shaken off. This, in no small part, will have been due to the u3a-ers' sensible approach to vaccination. Long may it last.

You will, I am sure, all be aware that a good number of Loughborough u3a members have now joined us, and bringing 10 new interest groups with them. What you perhaps don't know is that they also bring a range of assets. The list, which includes P.A. equipment, digital projectors and screens, has been sent to Group Leaders, asking whether a use can be identified. Anything not claimed will be sold off/given away so if there is anything there that your group(s) can benefit from, please speak up – soon!

We had a very good turn out for our January monthly meeting, and I have high hopes for the one in February too, and look forward to seeing many of you there. I am aware that finding parking was difficult for some, so don't forget, there is room for several cars in front of the church hall (adjacent to Ingle Pingle). If that area is full, it is only a short walk from the leisure centre car park, accessed from Browns Lane.

Mike Hood  
 Chair Charnwood u3a.

## Welcome to Charnwood u3a

I would like to extend a very warm welcome to all new and recently joined members of Charnwood u3a!

Charnwood u3a has a wide range of groups to join with plenty of activities on offer. The number of groups you can choose from may at first seem daunting.

You may have a myriad of questions to ask, which is where I can assist you as part of my New Members Liaison role. If you are finding it difficult to find your way around and need some help, please contact me by emailing [NewMembers@charnwoodu3a.org.uk](mailto:NewMembers@charnwoodu3a.org.uk)

I am available both before and after the monthly meetings held on the second Wednesday of each month at 2.30 pm in Emmanuel Church, Loughborough. If I do not know the answer to your questions, I will certainly be able to find someone who can!



Sue Young (*pictured left*) and her team are also to be found in the foyer of Emmanuel Church at each monthly meeting to greet newcomers and make them feel at home. Please come along and make yourself known to us.

In addition, the Friends of Charnwood u3a team and Sue Unsworth (01509 856446) can be contacted by email on [Friends@charnwoodu3a.org.uk](mailto:Friends@charnwoodu3a.org.uk), if you feel you need extra help and support or just want a chat!

We look forward to meeting you.

Margaret Kelvey (01509 211925)

## AGM - 8th March 2023



At the March monthly meeting we will be holding our AGM. Do you wish to propose a motion (requiring a vote), or a topic for inclusion in Any Other Business? If so, please let the Business Secretary know at [secretary@charnwoodu3a.org.uk](mailto:secretary@charnwoodu3a.org.uk) **no later than 7th February 2023**.

Full details of the meeting, including supporting papers, will be sent out mid-February.

This AGM will be a Blended Meeting, i.e. you may attend in person or via Zoom. This is an important occasion, so I hope to see many of you there.

Mike Hood  
Chair, Charnwood u3a

## Monthly Meetings Survey

A big Thank You to all those members who have submitted their responses to our Monthly Meetings Survey. Well over 300 people responded, and some very useful comments have been made. A summary of the survey results will appear in the March edition of *News & Views*.



## 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 accessed via Ingle Pingle, to the west of the church. Our monthly meetings are free to all, and we welcome prospective new members attending a meeting as a 'taster'. If you think you'll need any assistance at the meeting, please contact our Chair in advance on [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk).

Last month, we welcomed cheesemaker Kim Kettle from a local dairy, who treated us to an excellent talk on cheese manufacture, especially Stilton cheese. The generous free samples he brought along - plentiful tasters of four different cheeses - were also very well received by our members!

## Our Next Meeting Wednesday 8th February 'Scottish Dancing' with Sue Ronald

### Where in the World?



You'll be surprised where one can find Scottish Country Dancing! It's not necessary to have Scottish heritage, or wear a kilt, or say *Lang may yer lum reek*<sup>1</sup> with a Scottish accent when wishing a friend a long and prosperous life. People of all ages in different countries and continents have discovered the joy of dancing to wonderful Scottish reels and jigs and slower, uniquely Scottish strathspey music.

At the Monthly Meeting on September 14th Sue Ronald, group leader of our recently formed Scottish Dancing group, will challenge you to identify different dance locations around the world. Enjoy the music and watch dancers as they incorporate aspects of their own dance culture into their presentations. Feel free to *blether*<sup>2</sup> with your friends and fellow Cu3a members as you discuss where six different dance videos were filmed, and if you're feeling *canty*<sup>3</sup> try an easy dance or two in the foyer before your cuppa!

<sup>1</sup> This Scottish saying means Long may your chimney smoke, which loosely translates to 'May you live long and keep well', or 'May you have good fortune in the future'. Perhaps Mr Spock of Star Trek fame said it even better as 'Live long and prosper'.

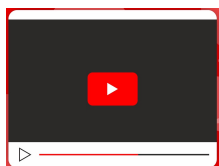
<sup>2</sup> Blether (verb) = chat at length, talk foolishly – Scottish form of blather.

<sup>3</sup> Canty (adjective) = lively, brisk, in good spirits – Scottish & Northern English dialect.

\* Note this meeting was postponed from last September due to the death of HM Queen Elizabeth II.

### 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, if you have one. **Please do not arrive before 2 pm.**



If you are unable to attend in person and would like to follow the meeting online (via YouTube), please go to the meeting page on our website at:

<https://www.charnwoodu3a.org.uk/MonthlyMeetingFeb2023.html>

where full details of how to join are given, including a link to the registration form with deadline for pre-registration.

## Group News

### CC Walks



CC Walks is one of the groups new to Charnwood u3a. Although this group has been going for many years in Loughborough u3a, they are keen to attract some new members. The group meets on the third Thursday of the month at 9.45 am for a 10:00 am start. The leader for a particular walk makes all the arrangements for that walk. The target distance is 4+ miles with a cut off at 5 miles. They also try to ensure that there is a short walk available at each venue with a distance of 1.5 - 2 miles, as some members find walking 4 miles difficult. The group normally starts at a pub and many of the members are keen to have lunch but it is not compulsory.

There is no charge of any kind and all members make their own arrangements to get to the venue. However if there was someone who had no transport, arrangements would be made to assist them.

Please see the group's web page at <https://www.charnwoodu3a.org.uk/CCWalks.html> for more information. As with all the walking groups, please contact the Walking Groups coordinator ([WalkingGroups@charnwoodu3a.org.uk](mailto:WalkingGroups@charnwoodu3a.org.uk)) in the first instance if you are interested in joining this group.

### Ethel Gets Out the Carbolic

In preparation for last month's meeting, Ethel invited members to bring soap. Not a less-than-subtle hint about their personal hygiene, but because the topic under discussion was 'Swearing'.

Swearing changes over time. In the Middle Ages, unlike today, bodily excretions and sex were not considered taboo. Blasphemy was the curse of choice, so when farmer Thomas stubbed his toe on his ploughshare, he was more likely to yell, 'God's Blood!' than impugn the implement's relationship with its parents.

The Victorians, we're led to believe, lived in a permanent state of abhorrence of all things naughty, linguistic or otherwise. In 1887, Gilbert and Sullivan were forced to change the title of their opera Ruddygore to Ruddigore because 'ruddy' was too close to what came to be called 'The great Australian adjective'. In fact, the word 'bloody' hasn't been considered a swear word in Australia since the 1940s and it never even caught on in America.

Good news for the potty-mouthed among the *News & Views* readership: recent research suggests that swearing can be good for you. It relieves stress, stops you taking more direct physical retribution, and can even alleviate pain.

And swearing is a way of marking solidarity in certain social groups. So if the air turns a vibrant shade of blue when you walk past a construction site, you can remind yourself that Bob the Builder is simply practising social bonding.

Finally, soothed by linguistic science and heady with carbolic, ETHEL members were invited to construct their own extended expletives from a list of Shakespearean insults. As a result, Ethel can suggest that when a least favourite politician appears on TV, instead of choking on your cocoa or kicking the cat, you might yell, 'You beslubbering beef-witted barnacle!'.

For next month's meeting, ETHEL members are busy packing their Roman togas, donning their Viking helmets and swinging their French onions as they set out to explore the History of English.

Pam Upton



## February 2023 Meetings

MON	TUE	WED	THU	FRI
		1 Feb 09.30 Golf 10.00 Classical Greek 10.00 German 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Table Tennis 3 13.00 Scrabble 2 13.30 Cribbage 2 14.00 French Improve 14.00 Sustain Planet	2 Feb 10.00 Sci & Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Indoor 14.30 French Conv 19.00 Canasta 3	3 Feb 09.00 Badminton 10.00 German: RTC 10.00 Knit & Natter 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
6 Feb 09.30 Yoga 10.00 Craft+Self Help 10.00 Latin 11.00 Table Tennis 1 13.30 Canasta 2 15.00 Current Affairs	7 Feb 09.30 Pilates 2 10.00 10+ Walks 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure	8 Feb 09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	9 Feb 10.00 Beading 2 10.00 Les Sportives 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Making Music	10 Feb 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
13 Feb 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 13.00 Quiz group 14.00 Archaeology 14.00 Chess 14.00 Digital Imaging	14 Feb 09.30 Pilates 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Eng Parish Ch 14.00 Social Dance	15 Feb 09.30 Golf 10.00 German 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 13.00 Scrabble 2 13.30 Cribbage 2 14.00 Family History 14.00 French Improve 14.00 Italian Conv	16 Feb 10.00 CC Walks 10.00 Parish Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.15 Scrabble 4 14.30 French Conv 18.30 Supper Club 2	17 Feb 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
20 Feb 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Gardening 14.00 Painting	21 Feb 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	22 Feb 09.30 Golf 10.00 History 10.00 Mini Tennis 10.00 Stitch & Sew 11.00 Table Tennis 3 14.00 Classical Music	23 Feb 10.00 Beading 10.00 Les Sportives 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor 14.00 Making Music	24 Feb 09.00 Badminton 10.00 Line Dance 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
27 Feb 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Chess 14.00 Digital Imaging 14.00 Local History	28 Feb 09.30 Pilates 2 10.00 ETHEL 10.00 Needlecraft 2 10.00 Scrabble 3 11.00 Table Tennis 2 11.15 Pilates 3 14.00 Canasta 1 14.00 Philosophy 1 14.00 Social Dance			

For more information, visit our **website** (<https://www.charnwoodu3a.org.uk>) for the interactive calendar, with direct links to the group pages for more details, including names and contact emails of group leaders. Please send any amendments or additions to the Editor at [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk) for inclusion in future months' calendars.

## Upcoming Local Events

### Incredible Edible

Incredible Edible (IE) is a community food growing scheme. We are local growers of fruit and vegetables committed to making food local, healthy and freely available to all. IE grows food on public spaces in urban settings. Our several projects in Loughborough grew a wide range of food through last summer and autumn. The community were invited to help themselves and they did, and conversations showed how enthusiastic the community have been about this development.

Incredible Edible has plans to expand further and so we are holding a **public meeting at Fearon Hall on Wednesday 15th February, 7 pm to 9.15 pm**

to bring the project to the notice of a wider public and also to promote our "How to Grow" courses. These will be courses for beginners or people with some experience in how to grow their own food, using the greenhouse at Fearon Hall and planting out in the Incredible Edible gardens.

At Fearon Hall on the evening of 15th February there will be a talk on Incredible Edible, and the various crises facing our food supplies, debate, discussion, resources to look through and after food and drinks we will show a 20 minute film on regenerative agriculture.

Julian Rees

#### Find out more



@ Incredible Edible  
Loughborough



jmrees55@yahoo.com



**Fearon Hall**  
Community Centre

fearonhall.org.uk @fearonhall

The urban  
village hall  
in the heart  
of Loughborough



#### Our food system is broken

A few facts and figures:

- In the six months to September 2022, the Trussell Trust gave out 1.3 million food parcels, while in the year to March 2022 the CEO of a major supermarket chain took home a salary of £3.8 million.
- Food accounts for 37% of CO2 emissions globally, making it one of the biggest drivers of climate change.
- The UK has lost 133 species of wildlife since 1950, mostly due to food production.
- The Incredible Edible Network has 148 groups in the UK and around 1000 worldwide, growing free, healthy food for local people on local land, with minimal CO2 emissions and no damage to wildlife or soil.

#### Come and discuss these issues and find out about our "How to Grow" courses:

Fearon Hall, Rectory Road, LE11 1PL  
Wednesday 15th February 2023 at 7pm.

There will be a brief talk on Incredible Edible, and our broken food system, and an introduction to our upcoming "How to Grow" courses at Fearon Hall. Followed by tea, coffee, nibbles, questions, chats.

Our "How to Grow" courses will suit anyone who wants to grow their own food and rely less on an unsustainable food system. We'll have fun making friends and working with others to produce healthy food for the community.



**Note:** Julian Rees is a member of Charnwood u3a and will be giving a presentation on the Incredible Edible project following our AGM on March 8th.

## More Upcoming Local Events

### Loughborough University Events

#### Public lecture: Bowel Cancer Prevention – is aspirin just the start?

Wednesday 1st February 5:30- 6:30 pm Online only

This public lecture will be delivered by Professor Karen Brown, joint lead of the Leicester Experimental Cancer Medicine Centre and Director of the Leicester Cancer Research Centre.

Professor Brown will provide an introduction to cancer as well as its causes and how we can reduce our risk of developing cancer. She will discuss the use of therapies to prevent cancer and some of the challenges of working in this area. This includes Professor Brown's innovative work to develop resveratrol, a constituent of red grapes, wine and peanuts, for the prevention of bowel cancer. You will be taken through the team's research journey and find out how their work has progressed from the laboratory to a large national trial across 60 sites aiming to investigate whether resveratrol, aspirin and the diabetes drug metformin can protect people from developing bowel polyps.

See: <https://www.lboro.ac.uk/news-events/events/bowel-cancer-prevention-public-lecture/> for further details and booking information.

#### National Theatre Live: Othello

Monday 23rd February, 7 pm in the Cope Auditorium

A new production of Shakespeare's most enduring tragedy, directed by Clint Dyer with a cast that includes Giles Terera, Rosy McEwean and Paul Hilton.

**Overview:** *She's a bright, headstrong daughter of a senator; elevated by her status but stifled by its expectations. He's a refugee of slavery; having risen to the top of a white world, he finds love across racial lines has a cost. Wed in secret, Desdemona and Othello crave a new life together. But as unseen forces conspire against them, they find their future is not theirs to decide.*

Running time: 180 min including one 20 min interval. Tickets £10 (£5 students). Free car parking available on site.

Further details and booking information at: <https://www.lboro.ac.uk/news-events/events/ntl-othello/>

### Charnwood Orchestra

Charnwood Orchestra's next concert is on **Saturday March 25th 2023 at Emmanuel Church, Forest Road, Loughborough, starting at 7:30 pm.**

The concert will include the following pieces:

- Mozart Overture: 'The Magic Flute'
- Saint-Saëns Piano Concerto No.4 - Soloist Charles Matthews
- Beethoven Symphony No.3 'Eroica'

Tickets (£14 adults, £12 concessions, £5 18s and under or NUS members) are available via the Orchestra website:

[www.charnwoodorchestra.org.uk](http://www.charnwoodorchestra.org.uk)

and / or may be reserved via email:

[tickets@charnwoodorchestra.org.uk](mailto:tickets@charnwoodorchestra.org.uk)



**the Charnwood Orchestra**  
Music Director  
Nic Fallowfield

**Saturday  
25th March 2023  
7:30pm**

**Emmanuel Church  
Forest Road  
Loughborough LE11 3NW**



Charles Matthews

**Conductor** Nic Fallowfield  
**Piano** Charles Matthews

**Mozart** Overture: 'The Magic Flute'

**Saint-Saëns** Piano Concerto No.4

**Beethoven** Symphony No.3 'Eroica'

#### Tickets:

- The Orchestra website
  - [tickets@charnwoodorchestra.org.uk](mailto:tickets@charnwoodorchestra.org.uk)
  - Members of the Orchestra
  - At the door, cash payments only
- £14.00 (£12.00 concessions)  
£5.00 -18s and under or NUS members

[f /charnwoodorchestra](https://www.facebook.com/charnwoodorchestra)  
[t /charnwoodorch](https://www.twitter.com/charnwoodorch)

## More Upcoming Local Events

### *Friends of Charnwood Museum*

**Thursday 2nd February 7 pm - 9:30 pm**  
at Charnwood Museum

Join the curator of the **Rebuilding Lives: 50 Years of Ugandan Asians in Loughborough** exhibition, **Professor Graham Black** and discover some of the challenges and behind the scenes moments that went into creating this powerful exhibition currently on display at Charnwood Museum.

Doors open 7.00pm for a 7.30pm start, please use the evening entrance on Granby Street.  
Cost £3. Booking essential:  
<https://tinyurl.com/ycyrnj5r>

### *Tasting Notes: Lunchtime Recital*

**Tuesday 7th February, 1:00 - 1:45 pm**  
at All Saints with Holy Trinity

Monthly Tasting Notes Concert at the Parish Church featuring performances from A-level musicians from the Loughborough Schools Foundation. Enjoy the peaceful atmosphere of live music in an historic setting.



Lunchtime Concert Series  
at All Saints



# WELLNESS IN NATURE

Peace of Green CIC would like to invite you to a programme of outdoor sessions to connect with nature, yourself and others

**MONDAYS 10.45 - 1.15 PM**  
**FEBRUARY - MAY 2023**  
**LOUGHBOROUGH**

**FULLY FUNDED BY A**  
**SHIRE COMMUNITY GRANT &**  
**PEACE OF GREEN CIC**





**FREE ENTRY** | For anyone struggling with their mental health, isolation or wellbeing in need of a nature boost. Travel costs can be covered if required

To find out more or book please contact:  
pogcic@outlook.com text/call/WhatsApp 079 4237 4242  
Facebook/Instagram & pogcic.com

### *Lunchtime Concert*

### *at Emmanuel Church, Loughborough*

**Thursday 16th February, 12:45 pm - 1:30 pm**

A lunchtime concert given by Elizabeth French, Piano


Elizabeth presents a concert based on her recent PhD research into the music of Englishman F E Bache (1833-1858) and includes music of composers who influenced him: Schubert, Chopin and Mendelssohn.

The concert starts at 12.45pm but a Soup and Roll lunch will be served from 12.00.

This is a free event, but donations are welcome to cover expenses.

For more information, go to: <http://www.facebook.com/emmanuelconcerts>

## EMMANUEL Loughborough Lunchtime Concerts



**THURSDAY 16 FEBRUARY 2023**  
**AT 12:45**  
**PIANO RECITAL BY**  
**ELIZABETH FRENCH**

Featuring the piano music of English composer F E Bache (1833-1858), also some of those who influenced him: Schubert, Chopin and Mendelssohn

Admission Free

Lunches served from 12:00

donations to cover expenses

for more information call 01509 261773

facebook.com/emmanuelconcerts



## New Rules for Voting

Are you aware that when you come to vote at the Spring 2023 elections you will need to have proof of who you are? Photo ID has been introduced for all forthcoming elections – national, county and parish – as a standard requirement. This will include local elections on 4th May. Suitable photo ID will include your passport or driving licence, as well as blue badges and certain concessionary travel cards. For a full list of acceptable ID, see:

[https://www.charnwood.gov.uk/pages/voter\\_id](https://www.charnwood.gov.uk/pages/voter_id)



If you don't currently have an acceptable form of photo ID, or if your current photo ID does not look like you, then you can apply for a free voter ID document, known as a **Voter Authority Certificate**. You can apply for this online at <https://www.gov.uk/apply-for-photo-id-voter-authority-certificate>.

For more information, go to: <https://www.gov.uk/how-to-vote/photo-id-youll-need>

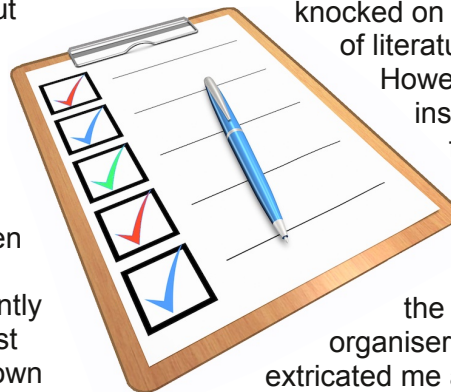
## And whilst on the subject of elections...

### Lost While Canvassing

I was about 17 years old and had been getting involved with local politics for the previous year or two. Although too young to vote ourselves, one of the things that my friends and I got a reputation for was "flying canvassing". We'd turn up in an area with 2-3 car loads of us ready to blitz the place with canvassing, delivering leaflets, checking electoral register details, noting which voters might need help getting to the voting station, etc.

As you might expect, you get to meet all types of people when canvassing. I found myself knocking on the door of a house in a modest but well-kept area. My knocking was answered by a middle-aged man, who very politely pointed out that he always voted for another party and would always continue to do so.

However he surprised me greatly when he said something like "Whilst I know how I will vote, my daughter has recently turned 18 and will be voting for the first time. As such I'd like her to form her own opinion of the major parties and to make up her own mind how she should vote. Therefore I'd like you to give her any election and other material that you would consider fairly represents your side of the political street!"



Well you could knock me down with a feather. How tolerant, how enlightened, how reasonable was this father. Wow! I left the daughter with various leaflets etc. and her father with a huge amount of respect.

What happened next became a tale of local folklore amongst the canvassers. A friend and I were surprised to realise that the next voter on the list to be approached was in fact a local nunnery with about 20-30 nuns in residence full-time. Each nun was properly registered individually and most were thought to be supporters of our party. So we knocked on their door ready to hand over a pile of literature and say our goodbyes.

However, they were very welcoming and insisted that we step into the nunnery for tea and biscuits.

The tea and biscuits flowed and much conversation took place. So much so that we completely forgot the time. Eventually, the canvasser organisers appeared at the door and extricated me and my friend. We became known as the canvassers who needed rescuing from a group of nuns! Certainly, if all canvas targets were as friendly and welcoming as the nuns, it could have become habit-forming! (Sorry, I couldn't resist the obvious pun).

Peter Reid

## News from the National u3a



### Future Lives

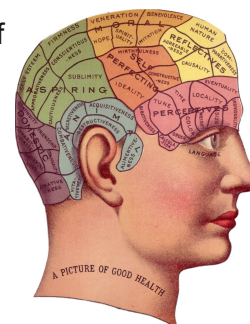
As reported in last month's *News & Views*, the Future Lives group of u3a members are holding a series of online events during 2023. **Shape What's Next for Future Lives** on **Tuesday 28 February, 2pm** will be an "Open Space" event - a chance for you to join in online to share your ideas and shape what is next for Future Lives. While everyone is welcome, numbers are limited to ensure a meaningful and interactive discussion. They are also asking us to take part in their Housing Questionnaire, if you haven't already done so. See <https://www.u3a.org.uk/our-impact/future-lives> for further details, including links to the questionnaire and booking for the open space online event.

### Conversations With...

**Tuesday 14 February** is your next opportunity to talk to Sam Mauger, the CEO of the Third Age Trust, and ask her your questions about the movement. This is part of the Conversations With series. You can book your place at: <https://tinyurl.com/4bxdhrc3> and submit questions by 10 February to [ceo@u3a.org.uk](mailto:ceo@u3a.org.uk).

### Other Free On-Line Events this Month include:

- **Fashion and Sustainability** with Helen Howard of Canterbury u3a, Fri 3 Feb at 2 pm.
- **Brain and Behaviour** with Dr Bob Pullen of Prudhoe u3a, Mon 6 Feb at 2 pm.
- **Mindfulness and Meditation series**, 6 week course led by John, Mike and Ruth of the Sheffield u3a Mindful Ageing group, Tuesdays 7 Feb - 14 Mar at 10 am.
- **Highlights of the Royal Collection - Coins and Medals** with Jeremy Cheek of Rother & District u3a, Tue 7 Feb at 10 am.
- **Laughter Yoga** with Judith of Edinburgh u3a, 2nd Wed of every month from 8 Feb at 10 am.
- **Historic Environment Scotland: Caring for our Heritage**, a taster session, Thu 16 Feb at 2:30 pm.
- **Yiddish Theatre Abroad - in Eastern Europe, London and New York** with Irene Kiffin, London u3a, Fri 17 Feb at 2 pm.
- **Facing the World - The Neurological Condition Prosopagnosia** with Jo Livingston of Bexley u3a, a talk about the inability to recognise familiar faces, Wed 22 Feb at 2 pm.
- **Climate Change - A Narrow Path Away From The Brink**, Wed 1 Mar at 10 am.



For details of these and other upcoming free on-line events offered by the National u3a, 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 at <https://www.u3a.org.uk/learning/national-programmes> has more learning initiatives to get involved with, including:

- **u3a Walkers Exchange:** for u3a walking groups looking to exchange walking trips with other u3as
- **Speaker Swap:** to swap talks between interest groups in different u3as
- **All Our Yesterdays:** collecting members' memories of the 1950s & 1960s
- **u3a Eye:** Themed photography competition: next deadline **23rd February**
- **Paint or Draw:** Themed monthly art galleries
- **Logic Puzzles:** Puzzles once a month, solutions following month
- **Maths Challenge:** New quiz every Thursday, answers a week later
- **Found in Nature:** sharing photos of elements of nature or wildlife
- **u3a Radio Podcast:** new edition on the 17th of each month

Game for brain

	+		)	x	(		-		)	=	20
	+		x		+		=	63			
	x		-		+		=	37			
	+		-		-		=	?			

Also, the u3a learning blog **Sources** includes a large collection of articles, posted by u3a members, covering a wide range of topics. This can be found at: <https://sources.u3a.org.uk>.

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## Obituary

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### Beryl Leech, RIP

Long standing members of Charnwood u3a will remember Beryl as an early member and committee member. I first met her in 2004 when I joined u3a. Beryl was an active member, a keen walker, belonging to two walking groups, History Group and the French Conversation Group as well as acting as one of two Groups Coordinators on the committee.

Beryl had been widowed for several years when she met Jim while on a u3a holiday to St Bonnet, France. They became good friends and, although living many miles apart, joined History Group visits to France, The Netherlands and Brodenbach. She was a keen cyclist and together with Jim, took several cycling holidays in England, Belgium, Holland and France and Germany.

Beryl was a good friend with a sense of fun and we continued to meet for coffee or for lunch when she was no longer so mobile. I shall miss her.

Beryl's funeral will take place at **Bramcote Crematorium at 12 noon on Monday 6th February**, and afterwards at **Rempstone Village Hall**.

The funeral will be in the Quaker style, as requested by Beryl. If you are intending to go, please let David Walker know: [davidrfwalker@gmail.com](mailto:davidrfwalker@gmail.com).

Helen Davison



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### Chris Brown

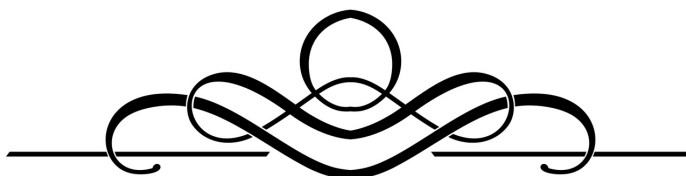
Our dear friend Chris Brown, stalwart member of Charnwood u3a from its inauguration, died on the morning of 28th January. Chris started and was leader of many groups over his 23 years of membership and will be known to many of us.

Details for his funeral have yet to be arranged. If you would like to be informed of them please email or phone me (*contact details below*) and I will do my best to let you know the arrangements.

Helen Davison  
[davisonhelen37@gmail.com](mailto:davisonhelen37@gmail.com)  
01509 561050

*Editor's note: It is with great sadness that we learn of Chris's passing, and the above short announcement is published here to promptly notify those who knew him. A fuller obituary will appear in the March edition of News & Views.*

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## Items for News & Views

Do you have an announcement, story, poem - or even a short comment - to share with your fellow Cu3a members? All contributions are very welcome, and we can preserve your anonymity if you prefer that your name does not appear in the newsletter.

There is a limit of around 500 words per item, and photos are very welcome.

To enable the newsletter to be compiled in time for delivery to members at the start of each month, the deadline for receiving items will normally be the last day but one of the previous month. The deadline for the **March** issue of **News & Views** will be **Monday, 27th February (12 noon)**.



Please send your contributions to the Newsletter Editor at: [newsletter@charnwoodu3a.org.uk](mailto: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](http://www.charnwoodu3a.org.uk) under the News menu.

Thank You!

Helen Reid  
Newsletter Editor  
Charnwood u3a



## Committee and Group Leaders' Details

Names, photos and generic email addresses ending [@charnwoodu3a.org.uk](mailto:@charnwoodu3a.org.uk) of all the current Committee members - along with links to their role descriptions - can be found on our website at: <https://www.charnwoodu3a.org.uk/CommitteeContactsNew.html> and those of other members of our Support Team are at: <https://www.charnwoodu3a.org.uk/SupportTeamContacts.html>



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](mailto:chair@charnwoodu3a.org.uk)

## Some other useful u3a web addresses:

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

The Association of East Midlands u3as: <https://www.eastmidlandsu3as.org.uk>

Leicestershire and Rutland Network: <https://u3asites.org.uk/landr/>

Beacon: <https://www.u3a.org.uk/beacon>

