

News & Views

Newsletter

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Our Website

Check out our website at: www.charnwoodu3a.org.uk for lots of information about Charnwood u3a: our meetings, trips, all our Groups and much more.

Welcome

...to the January 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:
Active Charnwood



See page 2
for details

View from the Chair

Happy New Year Everybody!



Have you made any resolutions? I must admit, I rarely do – it's too easy to tell myself that I don't have time to get fitter, de-clutter, or sort out the sock drawer. But one thing I always do is to check on the most popular word of the year. The Cambridge Dictionary's selection for 2024 was 'manifest': 'to visualize something in the belief that it will make it happen'. It occurred to me that manifesting might be an alternative to making resolutions. Perhaps I could simply visualise a tidy house, a clean car or a weed-free garden? However, when I tried manifesting on Boxing Day, my visualisation was photo-bombed by a plate of mince pies – so that was that!

The Oxford Dictionary's Word of the Year was the less cheery 'brain rot': the negative impact of excessive consumption of online material and social media. Now, though I've been known to panic when deprived of an internet connection for more than five minutes, I do feel it's more of an issue for younger people. Those of us not brought up with computers are more likely to worry about how we make them work! Cue a plug for our marvellous IT Support team, who are always happy to help. Contact them via the Home page on our website, or phone Phil Bass on 01509 889338.

More than one survey has concluded that the way to stay healthy (and avoid brain rot) is to keep active – physically, mentally and socially. And this perfectly sums up what the u3a is about. We have over 1,000 members now, participating in around 100 groups. But (You knew that was coming!) an organisation like ours doesn't run itself. Soon it will be time for our AGM and we'll need nominations for new Committee members. Of course, I could try manifesting again, but I'm taking the more practical – and hopefully more productive – route and asking for volunteers. It's not an arduous role and we are a friendly lot, with various backgrounds and interests but working together to keep Charnwood u3a the successful and welcoming organisation that it is. Please think about joining us. Give me a call or drop me an email if you'd like to sit in on our meeting on the 8th January (no obligation) or if you want to ask me any questions.

Whatever you're manifesting for yourself or your loved ones, I wish you all the very best for 2025.

Pam
chair@charnwoodu3a.org.uk
07974 946007

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, 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'. New members are invited to arrive at 2 pm to meet other members before the main meeting. If you think you'll need any assistance at the meeting, please contact our Chair in advance on chair@charnwoodu3a.org.uk

Last month, we were treated to a brilliant Christmas concert by the Quorn Ukulele Orchestra (*pictured right*) when we all enjoyed singing along to some seasonal - and year-round - favourites.

If you missed this meeting, you can catch up with it for a few more days via the YouTube link sent by our Chair on 9th December.



Our Next Meeting
Wednesday 8th January
Presentation by the
Active Charnwood Team



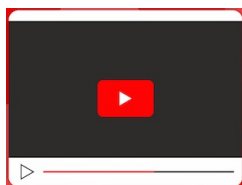
Active Charnwood are responsible for delivering a wide range of sport, physical activity and health and wellbeing programmes and activities to residents living in the borough. The team leads and delivers services, programmes and activities that enable the residents of Charnwood to be physically and mentally active and to play an active role in their communities.

Come along and hear more about the team's programmes and how they can help you and your family achieve a healthy, active lifestyle.

See their website at <https://www.active-charnwood.org/> for more information about *Active Charnwood*.

To attend this meeting:

If you wish to attend the meeting in person, no prebooking is required - just turn up on the day, with your Cu3a membership card, if you have one. **If you are a new member, or attending a monthly meeting for the first time, you are invited to arrive at 2 pm.** Otherwise, please aim to arrive about 2:15 for a prompt start at 2:30 pm.



If you are unable to attend in person and would like to follow the meeting online (via YouTube), again no prebooking is required. All members who have supplied an email address will be sent a link to the live stream a few days beforehand in a reminder email from the Chair.

Looking Ahead:

In **February**, we welcome the **The Workhouse Storytellers** who will bring the Victorian workhouse to life, using material from the archives and authentic costumes.

Then in **March**, we have our AGM, when we hope to have presentations from some of our groups.

More information on upcoming meetings will appear on the **Monthly Meetings** page under the 'Events' menu on our website <https://www.charnwoodu3a.org.uk> (login needed to see details beyond title/speaker).

Group News

Tuesday Pilates Group

Would you like to give **PILATES** a try?

The Cu3a Pilates group that takes place on Tuesdays 12 -1 at Gorse Covert has a couple of vacancies. If you would like to improve your flexibility and core strength, why not give it a completely FREE TRY by attending a class to see what you think?

Classes are suitable for beginners or those with experience. Different levels of activities from basic to more advanced are offered. Our teacher is a physiotherapist so you are in very safe hands!

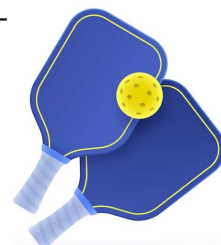
If you are interested, please contact me by email on Pilates4@charnwoodu3a.org.uk or by phone on 07954 411363 and join us for a free try out session available from January 2025.

Lynne Peebles



Is Pickleball For You?

Pickleball is a fun sport that combines elements of badminton, tennis and table tennis. It is played, usually in doubles, on a badminton-sized court with a low, tennis height, net. The bats, or Paddles to give them their Pickleball name, are solid and the ball is made of perforated plastic. All of which adds to the fun of playing.



We have a Pickleball Group which plays at Loughborough Leisure Centre on a Tuesday afternoon and have now extended our booking to 4 courts. This means that we can now accommodate new players, so do make contact if you would like to try Pickleball for yourself.

The first session is always a free taster. So, if you think Pickleball may be for you, do contact Martyn about coming along to try, as we're confident, assuming you like ball sports, you will love it!

Martyn can be contacted on pickleball@charnwoodu3a.org.uk

Scottish Dancing: Revised Schedule

Because the first Wednesday in January is New Year's Day, sessions will be on the third and fifth Wednesdays of the month – i.e. 15th and 29th January. Then in future, the class will be held just twice a month on the first and third Wednesdays:

- 5th & 19th February,
- 5th & 19th March,
- 2nd & 16th April.

New members are welcome, so if you are interested in joining the Scottish Dancing group, please contact Sue Ronald on ScottishDancing@charnwoodu3a.org.uk



Group Changes

The **Latin, Classical Civilisation** and **Classical Greek** groups have recently closed, having held their last meetings in December.

The **Knit & Natter** group has been withdrawn from our u3a. The majority of the items they produced were for a charity. The leader has offered to give copies of all the patterns they used to anyone who would like to start up a new group.

The **Parish Walks** group has been paused for the time being. It is hoped to start walks again in March.

News of Your Group

Do you have news from your group to share with other Charnwood u3a members?

All contributions are very welcome, preferably by email to newsletter@charnwoodu3a.org.uk

Photos are always welcome - though not compulsory! Please remember to send in your contribution ahead of the deadline given on the last page of each issue.



Theatre Group

The two members who previously ran the Theatre Group have recently given up organising this group, due to waning support. If anyone would like to volunteer to keep the group going, the organisation involved can be explained to them. Please email TheatreGroup@charnwoodu3a.org.uk for more information.

More Group News

Days of Interest Group – Chatsworth

Our final trip of 2024 was a Christmas themed one. We travelled to Chatsworth, both to see the House decorated for Christmas and to enjoy the Christmas Market.

The coach dropped us off very close to the entrance to the Christmas market so we were quickly in the Christmas mood. There were lots of stalls to browse through, and as we arrived mid-morning it was luckily not too crowded and even better it wasn't raining.

There was a great variety of potential Christmas gifts on sale, from biscuits, cheese, Christmas decorations of all types and sizes, fudge, gin, jewellery through to hats and jumpers, to name just a few. Lots of Christmas goodies were purchased. In addition to the stalls there were seasonal entertainers, including a musical group of Santas who serenaded us. There were also stalls offering hot drinks or if you were a bit more adventurous cocktails, along with warming burgers, hot sandwiches and pasties. For those of us who needed a sit down there was also Chatsworth's own café.



In the afternoon we went to see the House itself decorated for the Christmas season. The theme was based on a book called "The Lion's Christmas Feast" written by a member of the Cavendish family. As there are lots of mice in the book there were lots of mice to find in the house – many in knitted jumpers using mice sized tools. There were some wonderfully decorated Christmas trees.

We also had a quick stop at the Farm Shop before we departed – and more purchases were made.

We next meet up for our annual meal together at Longcliffe Golf Club on Saturday 15th February 2025. Places are still available.

Our March to May trips will be advertised to Days of Interest members in January.

If you are interested in coming along to Longcliffe or joining the Days of Interest Group, please contact Pauline May: by email at DaysofInterest@charnwoodu3a.org.uk or by telephone on 07455 167929 for details.



Next EDI Meeting

**Monday 13th January, 2 pm,
Gorse Covert Community Centre**

Our next EDI (Equality, Diversity & Inclusion) meeting on 13th January will include the annual review of our EDI Policy, when we will discuss any additions or revisions, particularly about actions, such as website accessibility.



We will also discuss any other topics members wish to raise.

If you have any comments or suggestions on EDI matters, or if you might be interested in joining the EDI team - who normally meet once every two months at Gorse Covert - please email newsletter@charnwoodu3a.org.uk

Helen Reid

Developing Our Webpages

We've been using our website, in its current form, for over a year. It has many facets: not only does it help manage our membership, it supports our group leaders and gives details of their groups. It also keeps our finance records plus it provides more general information about Charnwood u3a. Doing all this together, in an integrated website, has many advantages – which is why we moved to our current system.

Building on our first year experience, it is now timely to reflect how our website is working and whether it meets the needs of our membership and anyone wanting to find out about our u3a. To help do this we have a group which meets roughly bi-monthly to give a steer to our Web Manager and System Administrator (who both look after our website). This is an open group wanting to hear feedback on our web pages from across our membership and from group leaders. So please contact Martyn (on webmanager@charnwoodu3a.org.uk) either to give your comments or to learn how you can join our Website Group discussion.

Also do ask if you are not sure how to access our website and about logging-in to update your personal details or to add an Emergency Contact. Recording an emergency contact, where it can readily be located, helps our group leaders so is something we encourage all members to do (or at least to have recorded that, should an incident happen, they would only want an ambulance to be called).

Martyn Speight



Home ▾ Join Groups ▾ Events ▾ News ▾ More ▾ Login

Coffee & Chat

Thursday 16th January
10 am - 12 noon, John Storer House

Our next Coffee & Chat drop-in session will be in the (ground floor) café at John Storer House in Wards End, Loughborough on the morning of Thursday 16th January, from 10 am to midday.

New members may find these sessions especially beneficial, but any member who would like to meet up with other members for a cup of tea or coffee and a chat in an informal setting will be very welcome.



Beyond the u3a: two things you might like...

The Power of Awe

Feeling the world is just crammed with bad news? Do try this lovely uplifting BBC Radio series called 'More Wow' which focuses on the different places we get feelings of awe:

<https://www.bbc.co.uk/sounds/play/m0022kt2>

Gresham College: Free On-Line Lectures

Gresham College offers **free online** (and face-to-face) lectures on a vast range of interesting subjects given by world-leading lecturers. What a fantastic resource! For full details, go to:

<https://www.gresham.ac.uk/whats-on?see-all>

Thanks to Char March for alerting us to the above.

January 2025 Calendar

MON	TUE	WED	THU	FRI
<p><i>Please note: Whilst every effort has been made to show the dates/times of meetings as accurately as possible, errors and changes may occur, so you should check with group leaders for confirmation. Please send any amendments for future issues to: newsletter@charnwoodu3a.org.uk</i></p>				
		<p>1 Jan 10.00 JigsawBookEx 10.30 Papercraft 14.00 Scrabble 2</p>	<p>2 Jan 14.00 Bowls Indoor 19.00 Canasta 3</p>	<p>3 Jan 09.00 Badminton 10.00 German: RTC 10.00 Mah Jong 10.00 Table Tennis 7 10.30 Photography 11.00 Table Tennis 5 13.30 Pilates 1</p>
<p>6 Jan 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 14.00 Current Affairs</p>	<p>7 Jan 09.30 Pilates 2 10.00 10+ Walks 10.00 Spanish 10.45 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Canasta1Quorn 15.30 Pickleball</p>	<p>8 Jan 10.00 Committee 10.00 Drama 10.00 Golf 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Reading Group 14.30 Monthly Meet 19.00 Canasta2Quorn</p>	<p>9 Jan 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2</p>	<p>10 Jan 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Needlecraft 1 10.00 Scrabble 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>13 Jan 09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Digital Imaging 14.00 EDI meeting 14.00 Quiz group</p>	<p>14 Jan 09.30 Pilates 2 10.00 Scrabble 3 10.45 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Eng Parish Ch 15.30 Pickleball</p>	<p>15 Jan 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 Cribbage 2 14.00 Family History 14.00 French Improve 14.00 Italian Conv 14.00 Scrabble 2</p>	<p>16 Jan 09.45 CC Walks 10.00 Coffee & Chat 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 14.00 Line Dance 2 14.15 Scrabble 4</p>	<p>17 Jan 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</p>
<p>20 Jan 09.30 Yoga 10.00 Craft+Self Help 10.00 Enjoy I.T. talk 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 14.00 Gardening 14.00 Painting</p>	<p>21 Jan 09.30 Pilates 2 10.00 6+ Walks 10.00 Recorder 10.45 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>22 Jan 10.00 Golf 10.00 History 10.00 Mini Tennis 11.00 Table Tennis 3 14.00 Classical Music 14.00 Travel Group 18.30 Supper Club</p>	<p>23 Jan 10.00 Philosophy 2 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor 14.00 Line Dance 2</p>	<p>24 Jan 09.00 Badminton 10.00 Line Dance 10.00 Mah Jong 10.00 Scrabble 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>27 Jan 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 14.00 Local History</p>	<p>28 Jan 09.30 Pilates 2 10.00 ETHEL 10.00 Scrabble 3 10.45 Fix I.T. Clinic 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Philosophy 1 15.30 Pickleball</p>	<p>29 Jan 10.00 Golf 10.00 Mini Tennis 10.00 Scottish Dance 11.00 Table Tennis 3</p>	<p>30 Jan 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 Line Dance 2</p>	<p>31 Jan 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 13.30 Pilates 1</p>

PLUS at Weekends: Sunday Lunch Club (12th Jan)

Robert's Recommended Reads

Cu3a member **Robert Jackson's** book recommendations for the first month of 2025 are novels from two of our most successful contemporary writers: Ali Smith and Robert Harris.

Hotel World by Ali Smith

published in 2001

Born in Inverness in 1962, Ali Smith CBE is the author of a dozen novels of consistently high quality, all with terrific plot lines. Ali Smith has been shortlisted for the Booker Prize for Fiction on four occasions. The quality of her prose and the depth of her writing are perfectly evidenced in *Hotel World*.

Shortlisted for the Booker Prize in 2001, *Hotel World* is a remarkable story of sustained imagination and provides a captivating glimpse into the lives of five individuals, connected to one hotel in a major global chain.

The opening chapter is a splendid taster of what is to come, mischievously hinting at the fate of the first of the main characters. Only later in the book does it dawn on the reader what actually happened to this character: a bizarre incident, involving one of the hotel's 'dumb waiter' shafts.

Using sharp, emotionally charged narrative, Smith constructs links between the characters. Notable features of the novel are the titles for each of the six chapters. Smith uses grammatical terms to perfectly set the scene for each part of the story. Only as one becomes immersed in the 'hotel world', does it become apparent what very smart choices these titles are:

Past; Present historic; Future conditional; Perfect; Future in the past; Present.

Dealing with life, love, death and displacement, *Hotel World* is a sumptuous and deliciously wicked book, a real treat.



Ali Smith, pictured in *The Guardian*, 27 Oct 2017. Photo: David Levenson/Getty Images

Above reviews written by Robert Jackson.

Next month: Philip Pullman and Jake Arnott.

Act of Oblivion by Robert Harris

published in 2022



Robert Harris, pictured in *The Guardian*, 8 Sep 2022. Photo: Andy Hall/The Observer

Robert Harris has written more than a dozen bestselling novels, ranging in subject matter from Cicero's Rome to the impact of the V2 rocket in World War Two.

In *Act of Oblivion*, a fast moving 'historical fiction', Harris tells the story of the ruthless hunting down of the fifty or so men who signed the death warrant of Charles I.

Covering a crucial period in 17th century English history, Harris uses his exceptional talent to produce a thrilling adventure novel. At the same time, he delivers an educational and enlightening account of the rise and fall of Oliver Cromwell, the execution of a monarch and the growth of the Puritan movement in America.

It is 1660, Cromwell is dead and the English Civil War is over. The royalists have been returned to power and passed the 'Act of Oblivion'. This undertakes not to punish Cromwell's supporters, other than those directly involved in Charles' death.

The three main protagonists in the story are Edward Whalley, a former Colonel in Cromwell's army, his son in law, William Goffe and Richard Nayler, secretary of the regicide committee, who is tasked with tracking down the signatories of Charles the First's death warrant.

In a desperate bid to avoid capture, Whalley and Goffe flee to America. They constantly move around New England, lodging with Puritan sympathisers and dodging the threat of betrayal by the many colonists loyal to the English monarchy.

In due course, the two find refuge in a remote community and begin to believe that the English institution's appetite for their capture has dissolved. However, back in England, the relentless and often brutal Nayler learns of their flight to America and sets off to find them. Nayler's growing obsession with Whalley and Goffe is central to the story which builds to an exciting and nail-biting conclusion.

The Lewis Chessmen (and Queens)

I was addicted to the Noggin The Nog Sagas when I was a child. The characters in these delightful children's books were inspired by the Lewis Chessmen. And I've always longed to be able to hold one of the chess-pieces – they look so tactile and are such delightful little characters. I've been to Camas Uig – the big sandy bay on the Isle of Lewis where they were found – and have, of course, had a scrabble through the sand to see if I could find another chess piece!

They've each got such personality. There are Kings, Queens, Knights (on typically sturdy Highland garrons that have trouble seeing through their heavy fringes!), Bishops, Warders, and Pawns. Each category at first glance looks similar, but each one is an individual with different clothes, thrones, weaponry, hairstyles, expressions, etc. All the Queens look bored stiff! Each of them props up her head with her right hand. And one of them has taken to drink – she's clutching a drinking horn and has a real 1000-yard-stare :-)

The Warders are what we now call Rooks or Castles, but the Lewis ones are armed soldiers, including some 'berserkers' who got so worked up before a battle that they had to bite the top of their shields to keep themselves under control. Several of the Warders are sinking their gnashers into the tops of their shields!

The bishops are in full regalia with their croziers. It might seem strange – given how Presbyterian and even 'Wee Free' a lot of the Outer Isles are now – to see these very high church bishops represented, but, even after the Isles were ceded to Scotland in 1266, ties to Norway remained close, and the Isles' bishops remained part of the bishopric of Trondheim.

They were probably carved in the 12th or 13th Century in Trondheim in Norway from walrus tusks brought from the Scandinavian colony of Greenland. The Scandinavians at that time ruled Greenland and Iceland, had an outpost in North America, and ruled most of the West coast of Scotland and all the islands – from Shetland and Orkney down the chain of the Outer and Inner Hebrides, and right down to include the Isle of Man.

There are loads of online sites showing photos. Via the link <https://tinyurl.com/bde32sww> you can see photos and have a virtual 3D tour of the pieces in the National Museum of Scotland (NMS) – scroll

down just a short way to where it says *The chess pieces in 3D*.

With this next link, you can click on individual chesspieces, and zoom in and in and in. Sadly you can't spin them round to see that the splendid carving continues all the way round the sides and back of each of the back row characters. But what you do get when you zoom right in is a wonderful 'feel' for the natural qualities of the walrus ivory and sperm-whale teeth. The textures not only in the carving, but also in the natural contours, flaws and colours are – I think – really beautiful:

<https://www.britishmuseum.org/collection/search?title=The%20Lewis%20Chessmen>



From *The Guardian*, 3 Aug 2012
Photo: Murdo Macleod

Chess is a very old game. It originated in the Islamic world and by the medieval period its popularity had spread across Europe. It became an important part of elite medieval society, a way of practising and demonstrating skill and strategy in a war-like setting.

There's a lot we *don't* know about the hoard. We don't know who carved them, and for whom. We don't know who buried the pieces or why. And, sadly, we don't know who found the hoard, or exactly where. But locals have said that when sand dunes on the edge of Uig Bay (on the West coast of the Isle of Lewis) were swept away in a violent storm (or an alternative version says grazing cattle broke down a sandbank), a local crofter Malcolm MacLeod found them sometime in the early 1800s.

The hoard first came on public view in 1831 when the pieces were exhibited in Edinburgh by a Mr Roderick Rirrie of Stornoway, Lewis. Sadly, the hoard was broken up and sold by Mr Rirrie only months later. A lot of the pieces passed through several private collections. The British Museum bought 82 of the pieces in 1831/1832. In 1888, the NMS bought its 11 pieces from private collectors.

You might be interested in this 2019 BBC news article (with very good close-up photos) of another Lewis chessman who was re-discovered in a family home in Edinburgh. The photos show a very different patina on the piece than we're used to seeing with the very highly cleaned and conserved pieces in the museums: <https://www.bbc.co.uk/news/uk-scotland-edinburgh-east-fife-48494885>

Local Musical Events

Charnwood Orchestra

Saturday 11th January at 7:30 pm
Humphrey Perkins Community Centre,
Cotes Rd, Barrow upon Soar

This year's annual Waltz and Polka fest is extra special as we celebrate the bicentenary of the birth of Johann Strauss II with some of the Waltz King's most popular works, including:

- Die Fledermaus Overture
- Tales from the Vienna Woods
- Emperor Waltz
- Blue Danube Waltz

The programme also features orchestral favourites:

- Mendelssohn's Wedding March from A Midsummer Night's Dream,
- Schubert's Entr'acte No.3 from Rosamunde
- Beethoven's Romance No.2 for violin.

Tickets may be reserved in advance from tickets@charnwoodorchestra.org.uk or their website, <https://www.charnwoodorchestra.org.uk>
 Prices are £16 Adult, £14 Concessions and £5 Students and U18s.



the Charnwood Orchestra
 Music Director Nic Fallowfield
 Patron Thomas Bowes
 Est. 1973

Happy Birthday Strauss

Saturday 11th January 2025
7:30pm

Humphrey Perkins Community Centre, Cotes Road, Barrow upon Soar LE12 8JU

Conductor and violin
Nic Fallowfield

We celebrate this year's bicentenary of the birth of Johann Strauss II with a selection of the Waltz King's most popular works, including *Die Fledermaus Overture*, *Tales from the Vienna Woods*, *Emperor Waltz* and *Blue Danube Waltz*.

The programme also features a selection of orchestral favourites including Mendelssohn's Wedding March from *A Midsummer Night's Dream*, Schubert's Entr'acte No.3 from *Rosamunde*, and Beethoven's Romance No.2 for violin.

Tickets:

- The Orchestra website
- tickets@charnwoodorchestra.org.uk
- Taylor's Florist, 17 High Street, Barrow upon Soar LE12 8PY
- Members of the Orchestra
- At the door, cash and card payments

£16.00 (£14.00 concessions)
£5.00 -18s and under or NUS members

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[i /charnwoodorch](https://www.instagram.com/charnwoodorch)



EMMANUEL
Loughborough
Lunchtime Concert

THURSDAY 16 JANUARY 2025 AT 12:45

THE ROTH GUITAR DUO
EMMA SMITH
SAM RODWELL

Two virtuoso guitarists perform a varied and entertaining programme, including music by Albeniz, Carulli, Pujol and Yvonne Bloor

Admission Free

Lunches served from 12:00

donations to cover expenses

for more information call 01509 261773

[facebook.com/emmanuelconcerts](https://www.facebook.com/emmanuelconcerts)

Shepherds, animals, kings and infanticide
A concert of choral music for the post Christmas seasons

sung by
Viva la Musica Chamber Choir
 Registered charity no 1180705

Simon Lumby, conductor

Sunday 12th January 2025
 at 7.00pm

at Trinity Methodist Church Centre
 Royland Rd, Loughborough LE11 2EH

Programme includes

Lamentations of Jeremiah - Thomas Tallis
 The Shepherd's Carol - Bob Chilcott
 The Three Kings - Jonathan Dove
 Lully Lulla - Kenneth Leighton

Refreshments served after the concert

Tickets - £15.00 (students £13 | under 16s free)
 available from www.vivalamusica.org.uk
 More information from 01530 231502



See <https://www.vivalamusica.org.uk/> for details

More Local Events

Loughborough's Art Deco Heritage Exhibition

This exhibition is still on at **Loughborough Library**, Granby St, **until the end of January, every day except Wed & Sun**. Free admission during library opening hours. (See *November's News & Views*).



Oceans: Treasures of the Deep Art Exhibition by Olivier Leger

Exhibition by Leger

Free exhibition in the Sock Gallery at Loughborough Town Hall until 11th January

Ocean wildlife artist Olivier Leger's solo exhibition, on now in the Sock Gallery, runs until 11 January.

You are invited to dive into the wonders of our oceans, beautiful and bizarre! Pick up a magnifying glass and explore intricately detailed drawings and colourful paintings.

Oli is on a mission to celebrate the interconnect-edness and biodiversity of our blue planet, draw attention to the threats it faces and highlight the work being done around the world to protect it.

The artist will be working on his latest painting – an enormous turtle called 'Atlas' – live in the gallery most days throughout his exhibition.

Other upcoming local events are at Discover Charnwood: <https://www.discovercharnwood.co.uk/events>

News from the National u3a



Free On-Line Events this Month include:

- **5 Essential Tips for Online Safety** with Lucy Walsh from tech charity AbilityNet, Tue 7 Jan, 2 pm
- **Melancholy as a Creative Force: Joni Mitchell's Blue Album** with Chris Dowrick, Thu 9 Jan at 2 pm
- **3D Printing (Additive Manufacturing) Technology** with John Butler, Wed 15 Jan at 1 pm
- **Essential Driver and Vehicle Checks with IAM RoadSmart**, Fri 17 Jan at 10 am
- **Secrets of the Human Brain: How can we age better?** with Bob Pullen, Tue 21 Jan, 2 pm

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>

More from the National u3a:

Register to receive the National u3a 'Friends' newsletter regularly at <https://www.u3a.org.uk/newsletter>
This will also give you access to the Friends Extra website, with a range of discounts, offers and services, as detailed in last month's *News & Views*. In addition to the u3a Friends newsletter, you can access the latest u3a news at <https://www.u3a.org.uk/news>

You can find more learning initiatives covering a wide range of interests from challenges and projects to competitions at <https://www.u3a.org.uk/learning/learning-activities>

The u3a learning blog **Sources**, containing posts by u3a members covering a wide range of topics, can be found at: <https://sources.u3a.org.uk>

Obituary

Sylvia Wade



*Photo of Sylvia Wade, published in The Loughborough Echo of 19 July 2013, in an article entitled "Loughborough U3A founder reflects on 21 years of success" **

The death was announced on 19 December 2024 of Mrs Sylvia Wade, the founder member of the Loughborough branch of the University of the Third Age (U3A), at the age of 94 years old.

After a career in teaching infants and juniors in schools in Loughborough, on retirement Sylvia found out about the U3A from a friend who had joined her local U3A in Skipton. As there was nothing similar for retired people in Loughborough, Sylvia thought it would be a good idea to start a local branch.

In 1992 the inaugural meeting of Loughborough U3A was held in John Storer House and Sylvia was surprised when fifty people attended, with forty-one signing up to join eleven newly created groups. When the branch outgrew John Storer House, it moved to the old Emmanuel Church Hall. There was a further move to Charnwood College and then, finally, to the

United Reformed Church where, in 2021, the decision was taken to close the Loughborough branch and to join Charnwood u3a. The Charnwood branch had been formed in 1997 since the Loughborough branch had long waiting lists and was unable to accommodate the demand.

Sylvia will be missed by the many members of the u3a (or U3A, to use its original acronym) and will also be fondly remembered by their children and grandchildren from her days as a teacher. Sylvia was a wonderful person and her leadership was inspirational. She encouraged people to join U3A, to get involved with the various groups and, where possible, to start new groups. As a result, many people have over three decades formed strong friendships and enjoyed outings, holidays and social time together. Sylvia's mantra was that nobody should be lonely or sad: they just needed to join the U3A.

Dawn Hawley

** Editor's note: You can read this interesting article online at:*

<https://www.loughboroughecho.net/news/local-news/loughborough-u3a-founder-reflects-21-5806913>

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 - but please ensure you have permission of anyone identifiable in the photos.

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 **February** issue of **News & Views** will be **Thursday 30th January (12 noon)**.



Please send your contributions to the Newsletter Editor at: newsletter@charnwoodu3a.org.uk
I always acknowledge all emails received, so if you don't get a reply within a few days, please contact me again as some emails do go astray!

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



Committee, Support Teams and Group Leaders' Details

Names, photos and email links for all the current Committee members can be found on our website under 'Contact', along with details of our Support Teams. In the case of our Membership Secretary and Web Manager, phone numbers are also given, as are those of our IT Help Desk Team.

The names and generic email addresses of Group Leaders for each group can be found on that group's dedicated website page, accessed via the Groups Lists.

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) in John Storer House, 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: <https://www.eastmidlandsu3as.org.uk>