CHARNWOOD U3A
UPDATE EXTRA
APRIL 2017



Welcome to the April edition of Charnwood U3A Update Extra, a bumper issue of news, views and information which we hope you will find interesting and entertaining. The content of Update Extra is written by the members, and details for sending contributions can be found at the end of this newsletter. **Please note there is a change of deadline for the next issue**.

A very warm welcome to our **new members**. We hope you will soon be involved in U3A activities and making new friends. To access the members' area of **our website www.charnwoodu3a.org.uk** the user name and password can be found bottom left and bottom right on the back of your membership card.

Aims and Guiding Principles of the U3A Movement

The Universities of the Third Age (U3As) in the United Kingdom are autonomous, self-help organisations run by the voluntary efforts of their members. All U3As are members of the Third Age Trust (a registered charity) which is their national support and advisory body. The word "university" is used in its original sense of people coming together to share and pursue learning in all its forms. U3As have several aims and guiding principles which will be presented here over the next few months, and here is the first aim:

1. To encourage and enable older people no longer in full-time paid employment to help each other to share their knowledge, skills, interests and experience.

CHAIRMAN'S CHAT – APRIL 2017



The first thing I want to do is to thank you all for your support and to say that we have a very good team on our new Committee. Since the AGM we have officially co-opted Neil Rowbotham who will continue as Programme Secretary, and Marilyn Mather who brings her energy and skills to enhance the team. Sadly, Geraldine Earl has had to resign due to illness. We wish her well and a speedy return to better health.

Martyn and I celebrated our Golden Wedding last October and we booked ourselves on a holiday this year that will take us to India, Dubai, the Red Sea (with a visit to Petra), Crete, Athens, and Malta - you will guess that some of it is a cruise, other parts are more strenuous! This does mean that I shall not be with you at our April monthly meeting and I am sorry that I shall miss that. However, the Committee will be there in force and they will make sure that all runs smoothly. I look forward to being at the May meeting.

As I'm sure you know, U3A is a National and International movement and the Aims and Objectives, and Principles of the Movement are readily available on the Third Age Trust website: www.u3a.org.uk. I thought it would be good to have one of these statements heading our newsletter each month to remind us what a wonderful movement U3A is. We are going to take a few moments at each of our Committee meetings to consider one or two of them.

There are 23 U3As in Leicestershire & Rutland and representatives from them meet together three times each year to listen to each other, share information and seek advice from one another. Some U3As have over 1000 members, as we do, and others have between 200 and 500 members. Our newest U3A is Syston & District, started in 2015 and now really well established. The five counties of Leicestershire (and Rutland) Northamptonshire, Derbyshire, Nottinghamshire and Lincolnshire form the East Midlands Region, represented by a Regional Trustee (Jane Pavier 2015-2018) who is a member of the Third Age Trust National Executive

Council. That body makes sure that our constitution is acceptable, provides insurance for our activities and runs the Resource Centre where Group Leaders can borrow DVDs and other material for the use of their group.

I think that's enough information for now. I look forward to meeting you at our various groups and meetings.

Helen Davison, Chairman

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Monthly Meetings



After the AGM in March we were all enthralled by the talk from our own member, Richard Davies, on "Malawi Revisited". He spoke with fondness of the country and its people and showed us much of the countryside and the problems that the locals have to deal with - including hippopotamuses (hippopotami). It was a talk which all enjoyed.

On 12th April, at 3.15 in Charnwood College, we are delighted to welcome Professor Gordon Campbell to talk to us about the work that he did on bringing the King James Version of The Bible up to date. A Fellow in Renaissance Studies at the University of Leicester, he is a Renaissance and seventeenth-century specialist with particular interests in John Milton and in the history of the Bible. Broader interests in cultural history on which he publishes include art, architecture, classical antiquity, garden history, legal history, historical theology and the Islamic world.



May 10th sees an Air Ambulance pilot, John Nowell, show us the sights of Leicestershire that he sees from the air. He promises an illustrated talk and the opportunity to purchase his book of photographs - an interesting Christmas present for someone?

All members and potential members are welcome to attend the monthly meetings free of charge. The meetings start at 3.15 and end with tea and biscuits just after 4.00 pm. We would love to see you there.

Neil Rowbotham, Programme Secretary

NB – Remember there is no monthly meeting in June, and no issue of Update.

There is plenty of parking available at the college including overflow parking sign-posted at the rear of the Sports Hall. However, Charnwood College remind members <u>not to arrive for meetings before 2.30 pm.</u>

All Members' Coffee Morning



The next open Coffee Morning for all members will take place at the Tesco Store on Park Road, 10 - 12 noon, on Tuesday, 18 April - please do come along for a chat.
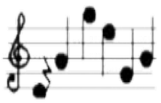
All members welcome, new and old, and we have also had several people who needed to find out about Charnwood U3A and have then subsequently joined.

Activity List

The updated Group Activities List, dated April 2017, will be on the website *www.charnwoodu3a.org.uk* from the beginning of April.

Reminder to Group Leaders - please let me know if there are any changes to your telephone number, email address etc.

GROUP NEWS



Classical Music Enjoyment Group: meets this month on Wednesday 26th April, 2pm to 4pm, at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, when the programme will be given by Christine Mitchell and is entitled "Music that has influenced me".

Please address any enquiries concerning the Group to Group Leader, Martin Jones [redacted].

Dance Groups

The main AIM for both DANCE GROUPS is ENJOYMENT, alongside mental and physical exercise! (Not to mention a catch-up with friends – old and new!)

BREAKING NEWS!!

DANCE GROUP 1, which takes place on the 2nd & 4th Tuesday of the month, is moving venue. For this coming Summer Term, we will be meeting in the Hall of the Church of the Good Shepherd, on Park Road, Loughborough. This hall is a few yards on, and on the opposite side of the road from the Tesco store. (Ample extra parking with a convenient pedestrian crossing!) There is some parking at the venue.

The next dates for the Dance gatherings are April 25th; May 9th & 23rd; June 13th & 27th. New members will be made very welcome and can attend their first session free of charge.

The cost of each session is £1.50 including tea/coffee & biscuits and I ask members to pay the £7.50 at the first session of the term. This does ensure that I can find the money to pay for the hall! However, I appreciate that more people do take holidays at this time of year. So - more BREAKING NEWS - if you prefer, you can pay £2 for each individual session that you attend.

WANTED!! A few more gentlemen to join the group – unattached or otherwise. You do not have to be able to dance: most of our dances are of the 'social' nature and do not require any real skill to be enjoyable. A sense of fun and a desire to get active is all that is needed.

DANCE GROUP 2



This group continues to meet every Friday morning (with the exception of April 7th & 14th) in the Community Room at the Tesco store on Park Road in Loughborough and is free of charge. There are 3 one-hour sessions running from 9am to 12noon. The first hour is BASIC BALLROOM for people who THINK they cannot dance. We are now tackling the Modern Waltz, Cha-cha, Jive and Old-Time. The second hour is given over to LINE Dancing, and the third to TAP.

Members can attend for any hour/s that they wish. Often it is quite difficult to decide where one ends and another starts, as it is not uncommon for the Line dancers to join in with the Old-Time dances when they arrive; and Tappers to join in with the final Line Dances. There is room (no pun intended) for a **few** more members.

If anyone thinks they might like to join us at either group, please contact Beverly Gillman on [redacted] (leave a message if I am not there and I will get back to you) or at [redacted]

History 2

Wednesday April 26th. Re-instated date for the cancelled talk by Brian Johnson "Leicestershire Railways" 10am in the Lecture Theatre at Charnwood College. New members welcome.

Lunch Club 4



Several members are keen to start Lunch Club 4 and Rita Markham-Lee has kindly offered to help to get this organised, so in the first instance please contact Rita, [redacted] to find out more.

Music Makers Group



The music makers group had their first rehearsal on Thursday 23rd March. The group consists of a variety of instruments, and players with a wide range of abilities. However, we are not short on enthusiasm, and by the end of the session beautiful and musical sounds were emerging.

The fun and pleasure in being part of a group making music together was obvious. The group leader and conductor, Maggie Chaplin, said she was amazed and delighted at the results of just two hours playing together.

Our next rehearsal is on Thursday 13th April, at 2.00 pm. We meet twice a month on the second and fourth Thursday of each month at the Church of the Good Shepherd on Park Road in Loughborough (opposite Tesco's).

We would be very pleased to welcome any budding and interested musicians to the group. Just turn up, we will find you a seat and a part to play! Contact Maggie Chaplin [redacted], to find out more.

Table Tennis

By popular demand we are opening up our 7th Table Tennis Group which will begin on Monday 8 May at 12 noon - 1pm at Loughborough Leisure Centre. Anyone interested in playing should contact Garry Rigby on [redacted] or email [redacted] All players are welcome no matter your standard. There will be a £1 charge for each weekiy session.

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U3A Writing Group Project

"Write from the point of view of an inanimate object"

Inanimate? It was not so once. One could almost say that once I was part of a living whole, vibrating with joyful energy and life, thrusting my arms upwards to take in whatever the elements had to offer for my continuing existence. It was not to be for despite this exuberance of life, the beings that took advantage of my nature considered me as utilitarian, to be used for their own ends. Instilled within me that long time ago, presumably by something greater than myself was a remembered feeling of right and wrong, of good and bad but they were dimensions that are now elusive yet still disturbing. There is life within me but it is not my own. Various legged creatures have in the past and even now forage and drill into my interior and seemingly consider me as their home and I don't find any discomfort from that.

I consider those beings that have used me, well not just me but me and my brother for he and I have been fixed together for many lightenings and darkenings of this world. This time when we were erected it was different, so manifestly different that nothing would ever be the same again. He and I felt for this time as one, that we had become that living combined whole again but oddly without the joy. No, it was with an infinite sadness that came from our being part of the earth and the heavens and beyond the mystery of the stars and yet, somehow fused together, we began to understand. This being, this life force that hung from us was dying in agony and yet he was different from the others who had gone before, for the blood that issued from the spear thrusts and the wounds of his hands and feet where he had been nailed to mingle and meet with our own being, made us understand.

He was to live. Not in a way that those at my foot would comprehend. Those who jabbed with their weapons in derision or those who mourned would envisage what lay before them. It seems then that my brother and I saw more of what lay before than any there on that day.

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Details of the Walking Groups are overleaf

WALKING GROUPS

Walking Groups Co-ordinator Elizabeth Steel [redacted]
telephone [redacted] Please contact Elizabeth in the first instance.



Moat Road Walking Group

A new walking group will commence on Tuesday, the 4th April, meeting at Moat Road car park, off Valley Road, Loughborough. Initially, it will run from April to September, on the first Tuesday of each month.

The walks will be varied, but all will start and finish at Moat Road. Sometimes it will be a bit hilly, muddy, or with a slightly uneven track, but the pace will not be too fast. The distance covered will generally be between five and six miles.

Approximately half way we will stop for a short break, so bring a drink if you wish. We will leave the car park promptly at 10am, and aim to be back between 12.30 and 1pm.

If you would like join this group please email Elizabeth Steel at [redacted]

Grid Ref. for Moat Road is SK52488 17493. Post Code; LE11 3PN.

Strollers and Amble Groups

Details of next walks will be sent out on e-mail. Chris Brown, [redacted]

Tuesday 6 Plus Walking Group

April's walk details to be issued by e-mail.

Enquiries to Mike Pearson [redacted]: [redacted]

Saturday 5+ miles

1st April - Groby Pool car park. Leader Sheila.

6th May - Ratby, The Burroughs car park. Leader Sue.

Enquiries to Sue Griffiths [redacted]

Les Sportives

Thursday 13th April. Meet: The Old Thatched Inn, Main Street, Stanton under Bardon, LE67 9GT. Helen to lead.

Thursday 27th April. Meet: Newtown Linford Car Park (£3.00 parking fee all day). Lunch afterwards at The Old Post Office, Newtown Linford. Nigel and Sheila to lead.

Enquiries to Janet Butlin [redacted]

Ten+ Miles Walking Group

2nd May - Leader Marie Kennedy. Walk will start at 10.00 am in Thorpe, Derbyshire at the Narlow Lane Car Park (free) SK 163504 with lunch in Parwich at The Sycamore Inn. Use SATNAV DE6 2AT and take a right turn at The OLD DOG pub if coming up Spend Lane from Ashbourne. Google Maps time from Loughborough approx 60 minutes via A50 and Ashbourne. Enquiries to Peter Mill [redacted] Any new members must make contact prior to joining the walk.

Little Xtras

Prompt start at 10.00 as usual on 2nd and 4th Thursday of the month.

April 13th – "Spring Lambs". Meet at the Shoulder of Mutton pub, Chapel St, Oakthorpe near Measham. Grid Reference SK 321129, Postcode DE12 7QT. First left off the road between Measham and Moira - left into Chapel Street, for a walk via Willersley Lakes. Leader – Ann Macabee.

April 27th – "A Real Calker" - Meet at the round car park, overlooking Staunton Reservoir. Grid reference SK 375226. Nearest post code LE65 1RR. Turn left off the B587 between Ashby and Melbourne - turn right at the junction - car park is at the end of the lane. Leader – Ursula Kellard.

Walks co-ordinator - Malcolm Otter - [redacted]

ROVING REPORTERS

Y Viva Espana

We couldn't believe that in half an hour our small, but perfectly formed, group of travellers would be having our last lunch at the Best Triton Hotel in Benalmedena, Spain. Over large cups of coffee topped with mountains of squirty cream we were all of one accord in that we had had an enjoyable winter break that was worth getting up for in the (very) early hours, a week earlier. For us, the weather was positively spring-like: a warm sun that was sometimes accompanied by a chilly breeze. One or two of us actually sun bathed à la bikini! The locals, however, wore coats, boots and even hats. The beaches were very inviting but the sea was still cold to the toes. It was early January after all! No snow and frosts for us!

The creamy peaks on our coffees were much like the local area with the Sierra Nevada Mountains providing the backdrop to the string of coast-hugging resorts. Consequently any visits inland involved a journey upwards! And we did some climbing.



Pat, Jean and Sue enjoying a walk on the promenade

At some point in the week most of us visited the beautiful Paloma Park. There was nothing more relaxing than sitting on a bench, eating ice cream whilst gazing over the large lake that was home to cantankerous seagulls or being entertained by the antics of the free range chickens and rabbits. If going uphill was a problem there was always the choice of walking along the coastal promenade to Torremolinos or, in the other direction, to the very plush Marina and shopping complex. Either way the views were stunning.



Mijas

Many of us put the local bus to good use when visiting Mijas, famed for its donkey taxis. Our Saga Reps, Gordon and Chris, told us get on the bus at an earlier stop. This proved really useful as we all had a seat for the forty-minute journey. Mijas itself was a lovely town with some magnificent views and the donkeys. Many broke their return journey to visit the Butterfly farm and the Buddhist temple.

Organised excursions were available, all accompanied by the wonderful Sarah and a local guide. The first was to Ronda, a mountain top village set above the El Toja Gorge. Apparently, the views from the Puente Nueva bridge were breath taking. Another tour included visits to the mountain town of Frigiliana and the coastal town of Nerja. Frigiliana old town was very 'white' and composed of steep, narrow, cobbled streets. Some areas could only be accessed by the local mule, which we met as he/she transported bags of cement to a nearby house. Nerja appeared relatively non-commercialised and had feet on both the coast and the mountain. Here we ate our lunch on the Balcon de Europa overlooking the Mediterranean coastline.



Balcon de Europa

Perhaps the most memorable excursion was to the very British Gibraltar. The eight o'clock start heralded a busy day of sightseeing and duty free shopping. Going up the 'Rock' was an experience, coming down even more. A visit to the St. Michael's Caves, a world renowned concert venue, was amazing as was an up close and personal meeting with a family of Barbary Apes and at one point both the Mediterranean Sea and the Atlantic Ocean could be seen. It was well worth the visit.
And that took us to our last day of winter sun, the last post-lunch walk along the promenade and the last listening to the chatterings of the green parakeets as they dashed between the palms. It was also the last holiday that Sylvia was going to arrange. So from all of us, a grateful thank you for this and all the other holidays that you have organized. *Marilyn Mather*

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BITS AND BOBS

Useful website addresses
National U3A Organisation (Third Age Trust): www.u3a.org.uk
The Association of East Midlands U3As: www.eastmidlandsu3as.org.uk
Leicestershire and Rutland Network: www.landru3a.org.uk
Charnwood U3A: www.charnwoodu3a.org.uk

Committee contact details:



Chairman	Helen Davison chairman@charnwoodu3a.org.uk	[redacted]
Secretary	Anthony Gimpel secretary@charnwoodu3a.org.uk	
Treasurer	Garry Rigby treasurer@charnwoodu3a.org.uk	[redacted]
Groups Co-ordinator	Dee Patterson groupscoordinator@charnwoodu3a.org.uk	[redacted]
Membership Secretary	Garry Rigby memsec@charnwoodu3a.org.uk	[redacted]
New Members Liaison	Brenda Feeney [redacted]	[redacted]
Committee Member	Peter Mill [redacted]	[redacted]
Committee Member	David Gillingwater [redacted]	[redacted]
Programme Organiser (Co-opted)	Neil Rowbotham programmesec@charnwoodu3a.org.uk	
Committee Member (Co-opted)	Marilyn Mather [redacted]	[redacted]
Update Editor (Non-Committee role)	Linda Lawson newsletter@charnwoodu3a.org.uk	[redacted]

Items for Update

The deadline for publishing is normally the last day of the previous month. ***However, due to holidays the deadline for the May Update will be slightly earlier*, on Thursday 27th April**. Please send your contributions to: **newsletter@charnwoodu3a.org.uk** or to Update Editor Linda Lawson, [redacted]. 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. ***Also, remember that there is no Update (and no monthly meeting) in June, so summer notices will need to go into the May issue***.

The next issue of **Update Extra** will be published in July and the deadline for items is **Friday 30th June**. There is a limit of around 500 words per item, and photos are welcome. The Editor reserves full editorial rights as to length and suitability and the Editor's decision is final. Update Extra is published quarterly.

Update is sent to all Charnwood U3A members by e-mail or by post before the monthly meeting. It is also available to read on the Charnwood U3A website each month at **www.charnwoodu3a.org.uk** (you will need the new user name and password which are bottom left and bottom right on the back of your membership card). Thank you!

