CHARNWOOD U3A UPDATE EXTRA JULY 2017



Welcome to the July 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.

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 Self-help Learning Principle

- No qualifications are sought or offered. Learning is for its own sake, with enjoyment being the prime motive, not qualifications or awards.
- There is no distinction between the learners and the teachers; they are all U3A members.

CHAIRMAN'S CHAT



Here is another Principle of our movement which really means that no-one needs to be an expert in a subject to help with leading a group. We are all both learners and teachers and everyone has something to offer, be it making tea, hosting a meeting or a particular expertise that can be shared.

Someone has suggested to me that we might run 'short-term groups' meeting weekly for, perhaps, 4 weeks to study a particular subject in depth. I know that these happen in other U3As where a Shakespeare play has been the topic, or antique porcelain, for instance. If you have a particular passion or knowledge of a topic (rose growing; Sherlock Holmes; Scottish history, maybe) do please think about sharing it with a small group over a few weeks. Contact Dee Patterson, our Groups Coordinator.

Third Age Trust is looking for volunteers to help start new U3As, present workshops and encourage established U3As that are struggling. Training is given. Being involved in this way is both enjoyable and worthwhile. If you are interested and want to find out more, please ask me.
Helen Davison, Chairman

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Accessing Update on your computer

If you need help in receiving Update on your computer, or installing a .pdf reader, Martyn Davison will be in the Foyer after the monthly meeting to demonstrate how it's done. Don't be shy, he doesn't bite!

Your Monthly Meetings for the Next U3A Year

On the second Wednesday of every month about 120 Charnwood U3A members meet together at Charnwood College at 3.15 to hear an invited speaker and have a drink and chat with friends.



Our talks for this coming U3A year begin on 11th October with **"Big Cats"** and ***Barbara Meyer***. Since the beginning of her professional photography career Barbara has supported the conservation of endangered big cat species like leopards and tigers. Her talk will explain what is considered to be a Big Cat, where they live and what issues they are facing in their natural habitat. Barbara will also provide an insight into the efforts by wildlife conservation groups, which are done to help big cats in their fight for survival. We hope for some spectacular images on the screen.

On 8th November we are delighted to welcome back ***Gary Root***. Two years ago, Gary entertained us immensely with his presentation on departing Birmingham Airport where he is Manager. This time he will take us behind the scene at "**Arrivals**". Please stay seated, with seat belts fastened, until we are cleared to enter the terminal building.



As most years we have to change venue for our December event due to pressure on college space so we will be in Charnwood Indoor Bowls Club on Browns Lane on 13th December for **"Sing a Century"** with ***Andy Smith***. Accompanying himself on an assortment of instruments (guitars, ukulele and so on), Andy sings at least one song from each decade for the last 100 years. With lots of amusing, nostalgic chat and anecdotes - he'll send you home with a smile on your face and a song in your heart.... just in time for Christmas.

Our 2018 programme begins on 10th January when ***Luke Wigman*** will speak to us about **"the Defence and National Rehabilitation Centre** (DNRC)", which is currently being built on the Stanford Hall Estate. Luke, a DNRC ambassador, served with the RAF regiment for 5 years but was discharged when seriously injured on active operations in Afghanistan. Having undergone clinical rehabilitation at Headley Court, Luke understands the need for a 21st century facility and is here to tell us about the importance of the DNRC and how excellent clinical rehabilitation has enabled him to continue to live a full life.



We tried to get a romantic speaker for Valentine's Day and ended up with "Down the garden path". Recommended by a member, *David Bell's* talk about Leicestershire Privies will look back to the time when a visit to the loo involved a trip down the garden path. The talk will combine history, humour and (for some) nostalgia. We have all heard of the Victorian Thomas Crapper, but what part does Sir John Harrington, godson of Queen Elizabeth the First, play in the story?

14th March sees our Charnwood U3A AGM and an opportunity to hear our very own ***Making Music Group*** who will entertain us with a wide selection of music – from classical to early dance band.

For the meeting on 11th April we are delighted to have the new Chief Constable of Derbyshire – **Peter Goodman QPM**. He is the national policing lead on computer crimes and is quoted as saying "criminality through a digital medium is the biggest emerging threat we face because of the number of potential victims'. He will talk to us on "***Cybercrime***".

Peter Tyldesley was our most popular speaker in 2016 so we welcome back the Director of Bradgate Park to talk on "**Colourful characters of Bradgate Park**" on 9th May. This is a light-hearted review of Bradgate's colourful past through the medium of some of the larger than life characters who have made their home there, from some of the first modern humans to visit these lands at the end of the Ice Age to Bradgate becoming a public park in 1928 via the widow who enchanted a king and founded a dynasty, the Nine-Day Queen and the Playboy Earl who spent the family fortune.

We do not hold a monthly meeting in June.

Dr Katherine Brooke-Wavell is a senior lecturer in Human Biology in the School of Sport and Exercise Sciences, Loughborough University, based in the National Centre for Sport and Exercise Medicine East Midlands Hub. Her research focuses primarily on the effects of exercise on bone health. She has led a number of exercise interventions, ranging from studies of bone health and stress fracture in elite athletes, through studies of high impact exercise and brisk walking in middle aged and older adults, to research on effectiveness of fall prevention exercise and whole body vibration training in older people. She is with us on 11th July on "**Exercise and bone shape**"

8th August offers "**Wonderful, Wicked, Wily Wallis**" with ***Julie Ede***. King Edward VIII declared that Wallis Simpson was the most wonderful woman in the world but not everyone agreed. She was a plain but obviously charming woman with hidden talents. What magic did she weave? Not for the faint-hearted this presentation begins in 1918 and ends on their controversial wedding day.



On 12th September we welcome ***Paul Newsham***, another member recommendation. He is a retired Principal Fingerprint Expert with over 3 decades of continuous service. Paul will explain the process of "**Fingerprint identification**" in today's courts.

Membership of Charnwood U3A entitles you to attend these meetings free of charge and there is ample car parking as well as convenient nearby bus routes to both venues mentioned.
Neil Rowbotham, Programme Secretary

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>

Happy Christmas!



Our Christmas Tree at Loughborough Parish Church will need volunteers to prepare, decorate and dismantle it for the Christmas Tree Festival (29 November to 3 December). The relevant dates are: 24 and 27 November for electrical testing, 27 and 28 November for setting up and 4th December for dismantling. If you can be available for an hour or two on any of those days please get it touch with Dee Patterson, Groups Coordinator, or any member of the Committee.

All Members' Coffee Morning



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

U3A Monthly Meeting Welcomers



We would like more people to join the list of Welcomers to the monthly U3A meetings. It would involve only once or perhaps twice a year to arrive early and to greet new U3A members or visitors who are interested in joining. If you are interested in this could you please contact a member of the Committee (contact details at the end of this newsletter).
From October, we will also be needing someone to take over the organisation of the rota so you might like to consider taking on this role. *Ann Buckley*

Finance Meeting Cancelled

The Finance Meeting planned for Wednesday, 28th June, was cancelled owing to Group Leaders/Treasurers having a variety of other commitments. Points for discussion will be carried forward to the New Members'/Group Leaders' meeting in October.

New Members'/Group Leaders' Meeting

A <u>new date and venue</u> has been booked for the next New Members'/Group Leaders' meeting in October. This will now take place at the Indoor Bowls Club (adjacent to the Leisure Centre in Loughborough) on Monday, 30th October. The previously advertised date of 20th October at the Lecture Theatre, Charnwood College, has been cancelled.

Activity List

Please make the following change to your sheet:
Roger Harris, Wine Appreciation group, has a new email - [redacted]
There is an up-to-date Group Activities sheet on the Members' Area of the CU3A website www.charnwoodu3a.org.uk.

GROUP NEWS

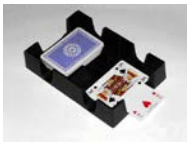
Book Group 1 - Correction

Please note the correction to the item in the May issue of Update.

Book Group 1 has room for two new people to join us. We meet in Loughborough on the FIRST Wednesday of the month at 2:00pm. If you are interested please contact me by email at [redacted] or by phone [redacted] We will be very pleased to hear from you.

Joan Murray

Canasta Group



There are vacancies in the Canasta group that meets weekly on Tuesdays, from 2 – 4.30 pm in the Village Hall in Old Woodhouse. This is a friendly group that welcomes beginners as well as those who may have played before, many moons ago, who might feel their skills are a bit rusty!

Please contact Pat Stanyard, [redacted], email [redacted] to find out more.

Classical Music Enjoyment Group: meets this month on Wednesday 26th July at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough, 2pm to 4pm when the programme will be given by Laurie McAulay and is entitled "On a theme of love". Any enquiries concerning the Group to Group Leader, Martin Jones [redacted]).

Lunch Group 4

A fourth Lunch group has been started by Wendy Hoult [redacted], email at [redacted] and will meet on the fourth Friday of the month. Please contact Wendy for more information.

Music Makers – Situation Vacant:

Can you play a musical instrument? If so, do come along and join our merry band. Our musical tastes are wide ranging so there is sure to be something to please everyone. But, if that is not the case, we are always open to new ideas: if it can be played, we will give it a bash! And even if you cannot play an instrument, can you sing? Any budding Frank Sinatra or Peggy Lee out there?

We meet on the second and fourth Thursday of each month at 2pm in the Gorge Covert Community Centre, which is located adjacent to the Morrison's superstore on Maxwell Drive, Post Code LE11 4RZ. There, under the expert tutelage of Maggie Chaplin, we do our best to make beautiful music.

If you are interested on joining us, our next meeting will be at 2pm on Thursday, 13th July, where you will be made very welcome. In the meantime you can contact Maggie on [redacted] or [redacted] to find out more.

Needlecraft Group



A new Needlecraft group has been set up by Suzanne Parkinson [redacted] and will take place on the fourth Tuesday of the month from 10 - 12 noon.

Please contact Suzanne direct for further information.

Pilates Groups 1 and 2

A few places are available in Pilates Groups 1 and 2, and new members are very welcome. The groups meet every Monday throughout the year at Nanpantan Bowls Club and are led by a professional tutor, Annette Holliday. Group 1 meets from 11.55 am to 12.55 pm and Group 2 meets from 1.00 to 2.00 pm. For more details please contact me by telephone [redacted] or e-mail [redacted] *Ros Fleming, U3A PIlates Group Leader*

Swimming

There are a few vacancies in the Swimming group - please contact Rosemary Worsfold [redacted] to find out more.



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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 began in 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

18th July - The Anchor, Nether Broughton (on the main A606). Ref SK693257, Postcode LE14 3HB. Leader Phil.

Enquiries to Mike Pearson [redacted]

Saturday 5+ miles

Please note that the Saturday walking group meets on the FIRST SATURDAY of the month - please amend your records accordingly!

1 July - Cossington, church car park. Leader Sue.

5 August - Swithland Reservoir. Leader Jenny.

Enquiries to Sue Griffiths [redacted]

Les Sportives

Enquiries to Janet Butlin [redacted]

Ten+ Miles Walking Group

1st August - Leader: Mike Pearson. Walk will start from Burrough Hill Country Park SK765115, nearest postcode is LE14 2QZ. Lunch at the Stilton Cheese in Somerby. Parking charge is £2.50, exact change required.

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.

13th July - Soarly Tempted

Meet at Charnwood Water car park, off Tuckers Road which is off Beeches Road. Grid Ref - SK 547186. Postcode - LE11 2PH. A 6-mile walk with only one style along the canal to Barrow on Soar then across to Quorn and return via Woodthorpe. The steepest incline is the bridge over the Quorn by-pass. Toilets at Start/Finish. Leader - Rob Harding.

27th July - The Great Bear

Meet at The Plough, Kegworth Road in Wysall. Grid Ref - SK 605274. Postcode - NG12 5QQ. A mystery route from a splendid pub. Leader - Ruth Grantham.

For more information call: Malcolm Otter, [redacted].

ROVING REPORTERS

Channel Island Discs *(apologies to Roy Plomley)*

Saturday's Song had to be 'Leaving on a Jet Plane' – well, Prop Plane - as forty or so intrepid travellers congregated at East Midland's Airport before departing for Guernsey.

It rained on Sunday but, as a bus tour of the island had been organised, we thought that this would not be a problem. Now, the coach wasn't modern. In fact it was built in 1952 so was younger than me! Consequently, sophisticated air conditioning it did not have. With the cold and damp outside in combination with the hot bodies inside, yes, 'Steamy Windows' was Sunday's Serenade. As we drove around none of the places pointed out to us by our very knowledgeable driver, KJ, could be seen. However, we did stop at several interesting places. At the Guernsey Freesia Centre, we learnt about the propagation and marketing of the flowers. Many of us braved the rain and visited the exquisite Little Chapel at Les Vauxbelets. Our last visit was to the bespoke jewellers, Bruce Russell and Sons. They were closed when we arrived but such was the influence of KJ that they reopened. However I think they were a lot richer when we left!



View from inside the coach – it could be anywhere

It rained on Monday but, being made of sterner stuff, we donned hats, gloves and waterproofs to revisit what we had missed yesterday. A large group decided to explore St Peter Port and met up at the bus stop. We found out that it was Myrett's birthday so we all sang happy birthday, twice, much to the amusement of passing walkers. Monday's Music had to be 'Singing in the Rain'. There were lots of nice places in St Peter Port but the weather eventually defeated us and we returned to the hotel damp but not dejected.



Happy Birthday Myrett!

The weather forecast for Tuesday was more hopeful. It might not rain. Having donned her administrative hat the previous day, Rita managed to organise a trip to Herm for thirty-five of us. Tuesday's Theme had to be 'Island in the Sun' for it shone, gloriously, all day. Herm is described as Paradise Found and it was. There were several walks and many chose to do the

perimeter walk. This included some lovely little beaches, the best and most inviting, being Shell Beach. Went paddling, but not for long! The tiny St Tugal's Church was definitely worth the visit. Lots rosy glows at dinner.



On Shell Beach, Herm Island

Wednesday's Warble was 'My Way' when we all wandered off in various directions. Some went in search of Dolmens or the perfect crab sandwich, others visited World War II Museums and some returned to St Peter Port to see sunken gardens and tapestries. There was a rumour that some of our group, whilst visiting Saumarez Park, managed to gate-crash the local residential home's coffee morning!

All too soon Thursday arrived and with heavy hearts it was time to leave. However it's true that there is 'No Place Like Home'.

In keeping with tradition a book and a luxury item can be taken to the island. The former would be of the betting variety as the odds of the weather forecasts being right were definitely, odd. As for the latter, the Peninsular Hotel was super. The waiting staff was always friendly and efficient, the receptionists likewise. And, much to Myrett's delight, a cake appeared after her birthday dinner. Which song to keep? Well, for me, it has to be 'Island in the Sun'. So thank you Gwyn and Ann for organising such a lovely holiday. *Marilyn Mather*

Days of Interest

In addition to our January visit to the Town Hall to see Legally Blonde and a meal together at Longcliffe Golf Club in February, this year we have visited Oxford, Highclere Castle, Blenheim Palace and Haddon Hall and Bakewell.

Our visits got off to a great start in Oxford. For some of us it was our first visit to this truly impressive city, with its wonderful old buildings and fabulous museums. For others of us this was return to old haunts and remembered coffee shops.



Enjoying the sun at Highclere Castle

In April we went to Highclere Castle – where Downton Abbey was filmed. For those who watched the television programme many of the rooms were familiar, although it turns out that the below stairs scenes were recorded elsewhere. The house itself is very interesting, even for those who had not watched the series. It was a beautiful day in which to explore the fabulous gardens.

In May we visited Blenheim Palace, which is one of England's largest houses. Inside the, often very ornately decorated, state rooms are many interesting pieces of furniture and art. For part of the tour we were guided by a ghostly but very loyal maid. Most of went to see the Winston Churchill exhibition, which includes photographs, letters and artefacts and excerpts from his most famous speeches. The house is situated in beautiful parkland and despite the rather changeable weather many of us took the opportunity to take a look around both the formal and informal gardens. Some even made it to the butterfly house.

Our June trip was to Haddon Hall and Bakewell. Most of us were overwhelmed by the beauty of Haddon Hall. It is perfectly set in rolling Derbyshire countryside and the Hall, whilst being smaller than some we have visited seemed much more homely, with some very quirky old furniture and an interesting chapel. The weather was also perfect for wandering around the garden and admiring the views and the roses. We moved onto Bakewell, where we searched the town for the Well Dressings. Many of us also indulged in a Bakewell tart or pudding.



At Haddon Hall

If you are interested in joining the Days of Interest Group please contact Pauline May by email on [redacted] or by telephone on [redacted]

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BITS AND BOBS

Third Age Trust Conference and AGM

Tuesday 29th - Thursday 31st August at Nottingham University.
Details of workshops on Wednesday are still being finalised. If you would like to go you need to register and book online at conference-2017.u3a.org.uk/book.

Volunteer at Loughborough Library



Volunteers are needed at Loughborough Library to support a range of events for children and adults such as Author and Speaker events, the Annual Children's Literary Festival, Art and Craft activities and Coffee Mornings.
As volunteer you will work at least once a month with Bharti Acharya, Outreach Worker, to promote, organise, set-up and deliver these events.

If you are an effective communicator and able to interact with members of the public of all ages; if you have excellent customer service skills, you are friendly and professional, well organised, creative and flexible and able to work as part of a team but also take the lead on individual projects, this is for you.
Please contact Bharti Acharya on [redacted]

Volunteering at Leicester University

My name is Kayleigh Warrington and I am a researcher from the department of Neuroscience, Psychology and Behaviour at the University of Leicester. We are conducting a research project looking at reading in older adults (age 65+).

The experiment involves reading sentences and answering simple comprehension questions on a computer. In order to provide us with detailed information about the reading process, your eye movements will be monitored throughout using an eye-tracking device.

Eye tracking is completely harmless and simply uses an infrared camera to record where you are looking. No computer knowledge is required in order to take part.

To take part you must:

• Be aged 65 or over
• Be a native UK English speaker (learnt English as your first language in the UK)
• Have no history of dyslexia
• Have no serious eye disorders (e.g. macular degeneration, advanced cataracts).

The study takes place at the university and will take around 1.5/2 hours to complete. In exchange for participation, we are offering a £25 payment, as well as reimbursement of any travel expenses.

If you have any questions, or are interested in taking part, I can be contacted via email [redacted] or telephone [redacted].

Your participation could ultimately help us to understand the reading difficulties experienced by older adults.

Thank you very much.

Kayleigh Warrington, Research Assistant and PhD Student
Department of Neuroscience, Psychology and Behaviour,
Centre for Medicine, University of Leicester LE1 7HA
Telephone: [redacted] Email: [redacted]
Website: http://www2.le.ac.uk/departments/npb/people/klw53

MOOCs

Do you know what they are? It stands for **Massive On-Line Open Courses -** and they're free! They are usually run by a University and cover as many subjects as you can imagine.



Earlier this year I completed one on Genealogy, run by Strathclyde University. The time commitment was about 3 hours per week and once each session was available I could choose when to do the work. We covered Analyzing Documents, Effective Searching Techniques, DNA testing, Context, Documentation and Record Keeping. Lots of reference material was available.

Although I have been involved in Family History for over 20 years, I found it a valuable course and learned many new tips and tools.

I have just signed up to ' Understanding the Weather' given jointly by the University of Reading and the Royal Meteorological Society. Three hours per week for 3 weeks - what could be more fascinating?

Some of the titles coming up are: Law for Non-Lawyers; Demystifying Target Cancer Treatments; Improving the Health of Women, Children and Adolescents; Archaeology: from Dig to Lab and Beyond.

Check the website, you are sure to find something to interest you. I did. www.futurelearn.com
Helen Davison

Ukulele Workshop

Ben Rouse,one of the country's finest ukulele players - regular performer with The Ukulele Orchestra of Great Britain - is coming to the Rugby Festival of Culture to give a 'fun' workshop followed by a 45-minute performance/demonstration.

Ukulele fans are encouraged to bring along their instrument and learn some new skills or just enjoy being entertained. Ben performs everything from classical to rock on his uke and so a great opportunity to see a master at work. Ukulele is one of the cheapest instruments to buy – but loads of fun to play – and it's pretty easy.

A great event for all the family. Saturday July 15th, St Andrews Church, Rugby, 3.00 - 4.45pm. Tickets available from Rugby Visitor Centre or Sounds Music Shop, Rugby 01788 536752.

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. The deadline for the August issue of Update will be **Monday 31st July**. 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.

The next issue of **Update Extra** will be published in October and the deadline for items is **Saturday 30th September**. 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!

