CHARNWOOD U3A UPDATE EXTRA JULY 2018



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. **Note** that the deadline for August is a day earlier than usual.

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.

CHAIRMAN'S LETTER



At long last we have a hot, very hot, summer to enjoy - or to hide from! Several of our groups have been away for days, or for longer trips. I have recently returned from 6 days in Suffolk with one of our History groups. A very enjoyable time with interesting places to see, including Sutton Hoo and the lost village of Dunwich.

Sadly, another of our History groups is facing closure now that the leader has retired (can you retire from retirement?) after many years. It seems that none of the members want to take on the role of leader/facilitator. What a pity.

When members get together to form a group it helps if a small team (4 or 5) organise the meetings but it is up to every member in the group to help it to function, suggest topics for meetings and maybe even research a topic and lead a discussion now and then. The whole ethos of U3A is learning together "teachers shall learn and learners shall teach" as one of our founders put it. We share our skills and abilities to help our group, whether it be booking the venue, making the tea or making suggestions for meetings - and helping to run them.

Talking of running meetings reminds me that the Minutes of our Committee Meetings are available on our website. Keep an eye on the website for news and information. It's currently undergoing some changes to make it more interesting and informative. If you run a group and would like a page about your group please get in touch with Tony: webmaster@charnwoodu3a.org.uk

Back to this hot summer - remember to keep hydrated, us third agers need to drink plenty of water (as well as other beverages!), just like the plants in the garden. Then relax and enjoy U3A. *Helen*

---oooOOOooo---

Your Monthly Meetings

Peter Tyldesley was as entertaining as we expected in May when he rampaged through the history of Bradgate Park, with particular reference to some of the exploits of its inhabitants. Great fun!

On 11th July we welcome Katherine Brooke-Wavell. When planning this year it seemed that we were not making full use of the facility on our doorstep of an academic institution with an international reputation in sport. 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. Research studies have examined bone density and shape (from scans), bone turnover (from blood samples) and fall risk factors as well as body fat and lean content and physical function. I am sure she will have some good advice to offer us.

Your Monthly meetings for the next U3A year

On the second Wednesday of every month about 120 Charnwood U3A members meet together to hear an invited speaker, have a drink and chat with friends. All members are welcome.



Our talks for this coming U3A year begin on 10th October with **"Alice Hawkins - Suffragette"** and ***Peter Barratt***. In the centenary year of women first gaining the vote, Peter Barratt gives a stirring and passionate account of his suffragette great-grandmother's campaign for the right to vote. A shoe machinist by trade and mother of six, Alice knew the Pankhurst family well and went to prison five times in all. The talk is illustrated with suffragette memorabilia still with the family to this day. You will remember that Alice is now commemorated by a statue in Leicester market place.

On 14th November we are delighted to welcome ***Liz Robson*** from **Rothley Wine Estate**. The Estate is situated next to Rothley Court Hotel and covers 2 acres. It was first planted some years ago and has built up to 1200 vines, producing mainly white and rose with a little red. Liz will talk us through the history of the vineyard and the processes as well as their plans for the future. After her talk you will be offered a tasting sample of one of their wines.

December 12th offers a warm welcome for **"Christmas Folk"** with ***Fool's Gold Acoustic.*** Fool's Gold is a husband and wife acoustic duo presenting live music shows all around the UK with shows that have a difference that makes them highly engaging and unique. They are a mixture of live music, spoken word stories and projected video and still images which tell audiences the hidden histories, mysteries and tragedies that lie behind some well-known songs and famous events and characters. The songs are a mixture drawn from the very well-known to some original material. The content is often light-hearted, and always absorbing and informative. All the music is performed and played live.

Our 2019 programme begins on 9th January when ***Vince Eager*** will try to convince us that **"You're never too old to rock and roll".** Vince became a household name in our youth with over 100 TV appearances on shows such as Oh Boy and 6-5 Special and touring with Gene Vincent, Eddie Cochrane and Billy Fury. He was prolific on the cabaret circuit before he moved to star in the West End hit "Elvis" and then re-inventing himself as a cruise ship Cruise Director. Recently he has formed the Memphis Tones and built another career on the nostalgia circuit. We are not expecting a sedate history lecture!



On 13th February we have ***Steve Lovell*** on **"Our Friends Outside".** Steve is a self-employed garden designer/soft landscaper of 25 years with a passion for making our gardens and our urban environment more wildlife friendly. He is a former chairman of the Lincolnshire Group of the Hardy Plant Society. Over the years he has taught Adult Education classes alongside giving lectures on Horticulture and Natural History. He is a guest speaker for the British Wildlife Watching Club in Scotland and has recently set up Greenspaces, which offers a nature guiding service for Lincolnshire, as well as organising Wildlife Watching Holidays around the UK .

March 13th sees our Charnwood U3A AGM followed by an opportunity to hear our very own **Ernie Miller** who will put us in the picture about a part of our local history that many may not know – "***Robert Bakewell and Dishley Grange***". Ernie is a local historian and one-time amateur archaeologist, having excavated sites in the 1960's and 70's at Garendon Abbey and Grace Dieu Priory. After that he has run classes at Loughborough University and a host of community groups.

For the meeting on 10th April we have "***Tax, Care and Toy Boys***" with **Chris Dingley.** Chris is an expert in the field of Asset Protection and Estate Planning and the talk he delivers is reputedly a thought-provoking look into very real issues that can affect individuals and their families in regard to later life situations. Chris assures us that the talk will not be at all commercial, he will not even mention his company name (although it is the Co-op), provide business cards or hand out leaflets. The sole purpose of Chris's delivery is to engage and entertain us and offer valuable experience and advice – for free.



"***Unlikely positions in unlikely places; a yoga journey around the UK***" on 8th May will have **Elizabeth Gowing** telling the stories from her explorations of yoga. She tells us that "I am not a likely yogini; I am too fond of chocolate and To-do lists, and sometimes fall over on my mat. So this is not a 'how to' talk - it's given by an explorer rather than an expert." Sometimes funny, sometimes touching, it evokes the characters and communities met along a fascinating journey, from her dripping day of 'hot yoga' to yoga in prisons.

We do not hold a monthly meeting in June.

"**The Last Laugh**" examines the lighter side of grave stone inscriptions. ***Jean Townsend*** is a social historian with a particular interest in the late medieval early Tudor period, a semi-retired adult education tutor, a tour organiser and private researcher. She comes highly recommended and will be with us on 10th July.

On 14th August we have an old sea dog in the shape of ***Neville Maggs*** who will enlighten us about "**Adventures in the Round the World Yacht race**". The BT Global Challenge was set up by Sir Chay Blythe to give adventurous types a chance to experience circumnavigation of the world the wrong way round - travelling around the world against the prevailing winds and currents. Each yacht would have a professional skipper but the rest of the crew would be amateurs with sailing experience who paid for the 'pleasure'.

Neville, with no sailing experience, applied and was not selected but, shortly before the race started, was given a day's sailing on a yacht in the Solent, two books to read on sailing and a piece of rope to learn how to tie knots. Then he got a phone message to be in Boston, USA in 5 days' time as someone had pulled out of the Aviva yacht and they needed a replacement. Two days out of Boston they sailed through a hurricane!!

On 11th September we welcome ***Charles Hanson,*** of TV fame and another member recommendation. He is well known from The Antiques Road Show, Flog It and Bargain Hunt but has a real job as the founder of Hanson Auctioneers in Derbyshire. He will talk on "**My Life as an Auctioneer**".

Looking further ahead we have "A VC for a stretcher bearer?" by William Coltman in October and The Rt. Hon. Nicky Morgan MP in November but you have a year to wait for details of those!

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 all venues.

Neil Rowbotham, Programme Secretary

Charnwood U3A Website

Details of the monthly meeting, together with notices of events that maybe of interest to U3A members and the monthly Updates, will be published on the Charnwood U3A website, www.charnwoodU3A.org.uk.

Publicise your Group on the U3A Noticeboard



You may have seen the exhibition stand on display at our monthly meetings on the second Wednesday of each month. It is used to convey information about our own U3A, details of events in the wider University of the Third Age movement and a little on some groups.

We also have a second exhibition stand of the same size which is currently unused.

We are inviting group leaders to send articles and photographs describing their own groups for display on the second stand. Such articles need not be written by the group leader but by any member of the group. It would be good if we were overwhelmed with articles, which we could then rotate month by month.

Articles must only cover one side of an A4 sheet but with a font size not less than 14 (it will be read from a few feet away). We encourage you to send photographs of good quality as well, ideally with some humour. However, if specific members are very conspicuous in any photograph please seek their permission and provide us with their names. We would prefer not to have photographs of lines of members standing in front of a coach or crocodiles of walkers negotiating a field. Imagination and humour are the essence.

If using e-mail please send articles as Word attachments (the writer cannot be bothered with PDF files!). For those using post I would ask that the article is kept flat, NOT folded, into an A4 envelope. Please include a means of contact, either email or telephone.

This request may be of particular interest to those groups seeking more members. For those groups currently "full" do not feel restrained. An article on your group will be of general interest to other members of Charnwood U3A and groups do not remain full.

If you have any queries please contact me, my details are below.

Thank you in advance.

Graham Cooper, Charnwood U3A committee member

[redacted]

Activity List

There is an up-to-date Group Activities sheet on the Members' Area of the CU3A website www.charnwoodu3a.org.uk. Please make the following changes to your list.

Goodbyes and Hellos

It's a goodbye to Magi Nipper who created, and went on to lead, the Quiz Group for the last fourteen years. It's a hello to Margaret Pyatt who is taking over as Leader. Her email address is [redacted]

It's a good bye to Gwyneth Wilson the Leader of the Poetry Group. Her role will be taken on by Helen Davison and her contact details are [redacted]

At the beginning of June, Brenda Feeny stood down as Leader of History Group 2 after leading this group since 2006. As yet a new leader has not come forward and if one cannot be found this group will formally close at the end of July.

Marilyn Mather, Groups Coordinator

---oooOOOooo---

GROUP NEWS



Classical Music Enjoyment Group: meets this month on Wednesday 25th July 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle off Forest Road, Loughborough, when the programme will be given by Martin Jones and is entitled "From stage and screen". Any enquiries concerning the Group to Martin Jones, Group Leader [redacted].

Painting Group



The Painting Group has room for a few more members. We meet at Gorse Covert Community Centre on the 2nd Monday each month from 2 - 4pm. At our next meeting, July 9th, we shall be painting "Market Scenes' so why not take a few snaps next time you are at Loughborough Market and then use them to produce a work of Art. In August we shall be "Beside the Seaside".
For more information contact Frances Mill [redacted]

Pilates Group



Want to improve your flexibility, joint mobility and balance? Have you considered Pilates? Places are available in Pilates Groups 1 and 2 and new members are very welcome. The groups meet weekly on Mondays (except 2nd Mondays of the month) at Nanpantan Bowls Club and are led by a professional tutor, Annette Holliday. Group 1 meets from 11.55am to 12.55pm and Group 2 meets from 1.00 to 2.00pm.
For more information please contact me by telephone [redacted] or email: [redacted] *Ros Fleming, U3A Pilates Group Leader*

WALKING GROUPS

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



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

New Parish Walking Group – third Thursday
19th July. The walk will start from The Wheatsheaf pub car park, Thurcaston LE7 7JN. You can park in their car park if you are going to have a drink or a snack lunch after the walk, otherwise park in one of the roads around. We will leave at 10.00. Contact is Elizabeth Steel, details given above.

Tuesday 6 Plus Walking Group
17th July - Plough, Wysall, NG12 5QQ. Ref SK604273. Leader Phil.
Enquiries to Mike Pearson [redacted]

Saturday 5+ miles
Enquiries to Sue Griffiths [redacted]

Les Sportives
Enquiries to Janet Butlin [redacted]

Ten+ Miles Walking Group
7th August. Leader: Chris Rimbault. The walk will start at 10.30 from Monyash. Use the car park or park nearby in the road at SK149666. The route follows the Limestone Way so expect a steep descent in Cale Dale with a short tricky section where poles are recommended. Could be slippy after rain. Lunch will be at The Lathkill Hotel in Over Haddon with the return via Lathkill Dale. Note the later start time for this walk.
Enquiries to Peter Mill [redacted] Any new members must make contact prior to joining the walk.

Little Xtras
For more information call Group Coordinator Malcolm Otter, [redacted]

ROVING REPORTERS

U3A Travel Group - Roaming Romania

Come, my children. Gather round for I have a wonderful tale to tell. Long ago in the midst of 2017 a few brave souls volunteered to go on a quest into deepest Europe to find the truth behind the legend of Dracula. Many months it took in the planning before Ann and Malcolm called all to assemble at Tesco's car park on 13th May. From here we went off to Luton to take a Wizz (!) flight to Romania.



Group Photo (not at Tesco's)

We were met at Cluj airport by our tour guide, Janah, and our coach driver, Auraş. Janah's knowledge about all things Romanian was staggering as she told us about Romania's multi-ethnic history, its Orthodox religion, language, geography and life before and after Ceaușescu. Auraş just loved his coach and cleaned it inside and out every night.

As we left Cluj it seemed that we had not only travelled to another country but also back in time. The main form of transport in the countryside was still the horse and cart. All the horses sported a red tassel to ward off evil spirits. Each house had its own individually decorated well, a brood of chickens, a well-tended vegetable garden, wood pile and stooks of hay drying in the sun ready to feed the house cow over winter. Outside each village the land was strip farmed while the land between each village was a vast meadow. One feature that stood out, literally, was the stork posts arranged along the roadside. I-Spy quickly turned into Spot the Nesting Stork! Quick, Malcolm!

Each of the three hotels had their own memories. The first was the Coroana de Aur Hotel in Bisiștra. Here we ate our dinner surrounded by Hollywood inspired, Dracula photographs as it was in this hotel that Bram Stoker had Johnathan Harker stay whilst visiting the dreaded Count. Our next stop was the Bucovina Hotel in Buchovina. In this case it was "Where's the proper tea bags for our breakfast cuppa?". Our last hotel was the Aro Palace Hotel in Brasov, luxury.

Janah encouraged us to eat 'local' so we did. 'Mici', grilled minced meat rolls, proved popular as did the 'Sarmale', stuffed cabbage leaves, but the most yummy was the very naughty, but ever so nice, 'Papanasi'- a fried doughnut-like pastry filled with a soft cheese and topped with a sour jam. Mmmm. Perhaps not so appetizing was Sue U's Peasant's soup, with tripe being the main ingredient! We also paid a visit to a local wine cellar in Azuga. We explored the wine cellars, learnt about sparkling wine production and tasted the finished product.



Sucevita Monastery

As for sightseeing, Ann and Malcolm couldn't have put together a better programme. The Monasteries, both run by Nuns, at Voroneț and Sucevița were magnificent inside and out. They really have to be seen. It is unbelievable how the external frescos depicting biblical scenes have survived almost intact from the 15th and 16th century. We also managed to see Braşov's Black Church and Peleş Castle, the summer residence of the former Romanian Royal Family.

Nature's sights were equally as stunning. The journey through Bicaz Gorge famed for 1000ft cliffs and driving past the Red Lake was breath-taking. But perhaps the most magnificent of all was the pine-covered Carpathian Mountains themselves that provided the backdrop for most of the holiday.

On the last day we visited a Bear Sanctuary that was home to many bears that were forced to entertain tourists in the streets and outside restaurants. Their lives were horrendous until they were rescued and rehomed, roaming free in this 160-acre park. Many a bear was sponsored that day.

In the afternoon the aim of our quest was satisfied – a visit to Bran Castle. Was this the real home of Count Dracula? Nah, it was just the Entertainment Industry's 'stage set' for many Count Dracula stories. Even so it was a very imposing building towering above the surrounding country side and well worth a visit, if you could climb up the 200 or so steps! It now belongs to the Romanian Royal family and is a museum dedicated to the collections of Queen Maria.



Bran Castle

On Saturday morning we bade farewell to Janah and Auraş before being 'Wizz-ed' back home. So my dear Ladies and Gentlemen, were we all tired because of the early start? Or were we all ever so slightly pale……..

A big thank you to Ann and Malcolm for organizing such a wonderful holiday.
Marilyn Mather

Days of Interest

Our April trip was to Woburn Abbey and Bletchley Park. This time we were blessed with excellent weather, making up for the snow on our March trip to Ashbourne.

We started the day at Woburn with a drive through the Park to the Abbey itself, during which we had wonderful views of the parkland with its many herds of deer. When we arrived at the Abbey we had the opportunity to wander through the gardens before the house opened for visitors.

The views of the Chinese dairy reflected in the water were particularly spectacular. Some of us took the chance to have a cup of coffee and enjoy the sunshine.

The house is full of beautiful objects set in spectacular rooms. The guides explain the building's history, following the dissolution of the Abbey, using the portraits of its early owners. Highlights include some very old natural history books, ornate ceilings and 24 Canaletto pictures.

After lunch in Woburn we went onto Bletchley Park. There is a great contrast between the opulence of Woburn and the starkness of the Bletchley Park huts. The exhibitions explained the importance of the code breakers and all the support staff to the war effort, as well as the basics of code breaking. Some of the huts were set up to demonstrate the very basic and cramped conditions in which the many hundreds of workers spent their very long days.

In May we went to the Ludlow Spring Festival. Within the Castle grounds there were beer tents, food stalls, live music and a large collection of classic cars – many of which some of us could remember driving in our youth. The town itself was delightful with lots of independent shops, an open market and a very good selection of tea and coffee shops. For the more energetic there were also some lovely walks along the river bank.



Ludlow – Ann, Robert and Gordon

In June we headed for the Cotswolds, first to Adam Henson's Farm Park and then onto Sudeley Castle. At the Farm Park we were able to see at close quarters many rare breed farm animals. We had the opportunity to feed some of the rare breeds and to pick up other smaller animals. A few of our group even saw Adam Henson in person.

In the afternoon we travelled onto Sudeley Castle, a beautiful building still lived in by the family. There was a very interesting exhibition about Kathrine Parr, whose home the castle once was. The family church which houses Katherine's tomb was beautifully decorated for a wedding later that day. The beautiful scenery and gardens, all being enhanced by the excellent weather.



Taking a rest at Sudeley Castle

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

BITS AND BOBS

Theatre Tickets

Whitwick & District U3A have two tickets available at £21 each, to "The Play That Goes Wrong" at Curve for the matinee performance on Wednesday 5th September. A coach will be going from Whitwick. Contact is Ena Illedge on [redacted]

Newtown Linford Open Garden

NEWTOWN LINFORD OPEN GARDEN 8TH & 15TH JULY
'MOUNTAIN ASH', 140 ULVERSCROFT LANE, LE6 0AJ

Since 2013 this newly developed two-acre garden has opened under the National Garden Scheme to raise money for the nursing charities that the NGS support.

Mike & Liz Newcombe's 'Mountain Ash' garden, situated halfway along Ulverscroft Lane between Newtown Linford and Ulverscroft, will be open to the public on both **Sunday 8thJuly and Sunday 15thJuly from 11.00am to 5.00pm.**

The 2-acre garden has excellent views across a wide area of Charnwood countryside. Near the house are patios and a water feature, flower and shrub beds, fruit trees, a soft fruit cage, greenhouses and vegetable plots. Lawns slope down to a large wildlife pond with a waterfall, a gravel garden and three small areas of woodland with pleasant walks through many species of trees. Several statues and ornaments add interest around the garden. The lower two-thirds of the garden have been created since 2004, with over 190 conifers and deciduous trees planted. There are several places to sit and relax around the garden.

There will be plants for sale, and various craft and book stalls. Light refreshments will be available. There are toilets on site.

Admission for adults is £4.00, children are free and dogs on leads are welcome. Only the top part of the garden is suitable for wheelchairs. Parking is available in the lane.

For further details and some photographs of the garden, see the NGS website – www.ngs.org.uk/find-a-garden/garden/30101/

Green Plaque Awards Scheme

The Leicestershire County Council Green Plaque Awards are awarded to people and places around the county, nominated and voted for by you.

Shortlist announced – vote for your favourites

We asked you to nominate Leicestershire people and places that you think deserve to be honoured with one of our Green Plaque Awards. Our judges had a tough job but they've come up with an exciting shortlist.

Now it's over to you to cast your votes and decide who should get recognition. We've got six commemorative plaques to award and the **last day to vote is Monday 30 July**.

Voting online for up to 6 of your favourites couldn't be easier:

https://www.leicestershire.gov.uk/leisure-and-community/history-and-heritage/green-plaque-awards-scheme

---oooOOOooo---

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	David Gillingwater secretary@charnwoodu3a.org.uk	[redacted]
Treasurer	Bob Pyatt treasurer@charnwoodu3a.org	[redacted]
Groups Co-ordinator	Marilyn Mather groupscoordinator@charnwoodu3a.org.uk	[redacted]
Membership Secretary	Garry Rigby memsec@charnwoodu3a.org.uk	[redacted]
New Members Liaison (Non-Committee role)	David Fell newmembers@charnwoodu3a.org.uk	[redacted]
Committee Member	Peter Mill [redacted]	[redacted]
Committee Member	Dee Patterson [redacted]	
Committee Member	Mike Hood compliance@charnwoodu3a.org.uk	[redacted]
Committee Member	Graham Cooper [redacted]	
Committee Member	Tony Westaway webmaster@charnwoodu3a.org.uk	
Programme Organiser (Non-Committee role)	Neil Rowbotham programmesec@charnwoodu3a.org.uk	
Update Editor (Non-Committee role)	Linda Lawson newsletter@charnwoodu3a.org.uk	[redacted]

---oooOOOooo---

Items for Update

The deadline for publishing is normally the last day of the previous month. However, due to holidays, the deadline for the August issue of Update *will be one day earlier*, on **Monday 30th July**. Please send your contributions to: **newsletter@charnwoodu3a.org.uk** or to Update Editor Linda Lawson, [redacted]. Please make sure you include your contact eta s w t your tem, an try not to eave t unt l the last minute if at all possible.

The next issue of **Update Extra** will be published in October and the deadline for items is **Sunday 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!

