

# Update



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## Third Age Trust

The Third Age Trust, to which we are affiliated, has a monthly Newsletter, sent out by email to all who subscribe. It has a wealth of information for U3A members and every member is encouraged to sign up:

[www.u3a.org.uk/email](http://www.u3a.org.uk/email)

## Interest Groups

Details of Groups can be found on the Charnwood U3A website:  
[www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk)  
 Contact details of group leaders can be found in the Members' area of the website.

## Welcome

**A 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](http://www.charnwoodu3a.org.uk) you will need the user name and password which have been supplied to you.

## Monthly Meetings at Emmanuel Church

All members of Charnwood U3A are welcome at the monthly meetings on the second Wednesday of the month at **2:30 pm at Emmanuel Church on Forest Road, Loughborough**. The meetings are free of charge, the Church is accessible by bus and there are car parks nearby.

I wasn't there last month but I gather that the talk by Tim Coltman about the work of his grandfather in World War 1 was very well received.

I am afraid that we have had to make some significant changes to the remainder of this year's programme. We still have all the same speakers but not in the same order. Please accept my apologies if it causes you any inconvenience.

Please make a note in your diary of all these alterations since it would be awful if you missed a talk to which you were looking forward.

## Next Meeting: Wednesday 13th November 2019

### "What my Mother and Father used to say"

Next month, 13th November, the Rt Hon Nicky Morgan MP will not be with us and is replaced by **Paul Newsham**. He is a favourite of many of our members and was a hit when he spoke to our monthly meeting last year. He will treat us to "What my mother and father used to say".



## Looking Ahead:

On **11th December** the LSU choir will entertain us with Christmas Music.

**In 2020**, Philip Caine moves from August to 8th January with "Barrow to Baghdad and Back" and Mark Walsh moves to August 12th to make room for Nicky Morgan on 8th April. *[Editor's note: in view of Mrs Morgan's recent decision not to stand for re-election, there may be a further change here!]*

All the others stay the same (we hope!) Rosalind Smith on 12th February, the AGM and our Music Group on 11th March, Kate Tiler on 13th May, Kevin Reynolds on 8th July and Jane Futchter on 9th September.

I am sure they will all be wonderful whatever date they are on.

Neil Rowbotham, Programme Secretary

**A Day in The Life of:****The Webmaster**

The main daily activity of the Webmaster is to maintain and keep up to date the information on the Charnwood U3A's website. For example, information about interest groups, about the monthly meeting, within the What's On page, within the Members Area, and within the Group Leaders Area is updated regularly.

Each month the new issue of UPDATE is uploaded to the site, where you can also see back issues. Until I started regularly updating the 'What's On page' I never realised just how much was happening in the Charnwood area.



Recently I have had some spare time and, in consequence, have been able to make changes to the look and feel of the website. There were two key motivations underlying these changes: to make the website a more useful and attractive resource for members and to make the pages simpler to maintain.

We hope you like these new look pages. Please let me know of any suggestions for changes or additions to your website.

Tony Westaway

**Answers to October Quiz**

- 1) What is the longest bone in the arm? **Humerus**
- 2) What is England's newest National Park? (as at September 2019) **South Downs National Park**
- 3) Who said "Vive le Quebec" in Canada on July 24th, 1967? **Charles de Gaulle**
- 4) Commonwealth Day is held on the second Monday of which Month? **March**
- 5) The "Aubrey Holes" are a ring of fifty six chalkpits at which prehistoric monument? **Stonehenge**
- 6) Which two numbers are missing from this series.....5, 13, 34, 55, 89, 144 ? **8 and 21. This is a Fibonacci series, where each number is the sum of the two numbers immediately preceding it**
- 7) Where did Gareth Southgate buy his waistcoat which featured at the last World Cup? **Marks and Spencer**
- 8) Which composer wrote symphonies usually called "Symphony No.0" and "Symphony No 00"? **Anton Bruckner**
- 9) The "Belo" is the symbol of which recent company? **Airbnb**
- 10) In which European capital would one find "The Topography of Terror"? **Berlin**
- 11) Steve Gregory played what instrument on a 1984 George Michael single? **Saxophone**
- 12) Why would "Vista" a charity based in Leicester be interested in the "Moon System"? **It is a system of writing for the blind**
- 13) In which century did the Norman conquest of England take place? **Eleventh**
- 14) Which Swiss rider won his third consecutive Vuelta a Espana in 1994? **Tony Rominger**
- 15) In which capacity has Edward Young served H.M.The Queen? **Her Private Secretary**
- 16) Which country's economy was surpassed by that of California in 2018? **United Kingdom**
- 17) Whose memoirs are called "Adventures of a Young Naturalist to the Other side of the World"? **Sir David Attenborough**
- 18) Which notable pop singer has recently failed a music examination? **Ed Sheeran**
- 19) For what was the Whig Party specifically formed for? **To demand the exclusion of the then Duke of York from inheriting the throne, since he was a Catholic**
- 20) Vnukovo Airport serves which capital? **Moscow**

## Group News

### Classical Music Enjoyment Group



meets this month on **Wednesday 27th November** 2pm to 4pm at Loughborough Lawn Tennis Club, Ingle Pingle, off Forest Road, Loughborough when the programme will be given by Ann Foord and is entitled "*The Music of Wagner*". Any enquiries concerning the Group to Martin Jones, Group Leader.

### Pilates Group 2

The group has been running since June this year and we meet weekly on **Tuesdays 9.30 - 10.30** at Gorse Covert Community Centre.

We have an excellent teacher and the group is currently full with 10 keen participants.

If any other U3A members would like to put their name on a waiting list to join the group please email Lynn Peebles for more information.



### Walking Groups



In the first instance, please contact the Walking Groups Co-ordinator Elizabeth Steel.

#### Parish Walk Group

**Thursday 21st November, 10:00:**  
The next parish walk will be around Thornton Reservoir starting at the S/T car park SK471074, Leader: Ann Macabee

Enquiries to John Harries.

#### Saturday 5-ish Miles

**2nd November:** 10:00, Woodthorpe Village. Leader: Rob.

**7th December:** 10:00, Woodhouse Eaves car park. Leader: Sue

Enquiries to Sue Griffiths.

#### Tuesday 6 Plus Walking Group

**19th November:** Greyhound, Burton-on-the-Wolds. Ref SK591211. Postcode LE12 5AG. Leader: Phil.

Enquiries to Mike Pearson.

#### 10+ Mile Walking Group

**3rd December:**  
Leader: Peter Mill.  
Walk will start from the car park near the extreme southern end of Staunton Harold Reservoir at SK378219. (Please note this is NOT the round car park situated beyond Calke Village!) I will approach the start point taking the B587 from Lount towards Melbourne and then turn left after 1.5 miles at the signpost for Calke (with brown anvil motif). After half a mile, look out for the entrance to the car park on the left hand side before the bottom of the hill.

Walk will take in Melbourne, Ticknall and Calke Country Park with a pub lunch in Ticknall.

Enquiries to Peter Mill.

Any new members must make contact prior to joining a walk.

#### Strollers & Amble Groups

Details of walks notified by e-mail.  
Enquiries to Chris Brown.

#### 'Les Sportives'

**Thursday 14th November:**  
Meet: Maxwells, Gorse Covert, Maxwell Drive, L'boro LE11 4PZ  
Leaders: Mike & Ann.

**Thursday 28th November:**  
Meet: To be advised

Enquiries to Janet Butlin.

#### Little Extras

Thursday walks for September:  
All walks start at 10:00 am prompt.

**14th November:**  
**To the woods...to the woods...**  
Meet at the Griffin Inn, Swithland.  
Grid Reference SK55213;  
Postcode LE12 8TJ  
Leader: Ruth Grantham.

**28th November:**  
**Ploughing on...**  
Meet at The Plough, Stathern.  
Grid Reference SK771312;  
Postcode LE14 4HW. 6+ miles in the Vale via Eastwell and Eaton  
Leader: Malcolm

Enquiries to Malcolm Otter.

## Bits and Bobs



Do you enjoy walking in the park?

### How about taking a break for 'A Walk in the Park'?

Are you aged between 40 – 79 years old?

#### What will it involve?

Choosing from one of the following options each lasting no more than an hour:

- **Walking:** Completing 6 short walks of approximately 5 minutes each, totalling approx. a mile and a half.
- **Jogging:** Taking part and completing the Victoria Park Parkrun.
- **Or Both!**

#### What will I be wearing?



Participants needed to wear small activity monitors while walking or jogging.



**For more information please  
contact: [nd177@le.ac.uk](mailto:nd177@le.ac.uk)**

The study has received ethical approval from the University of Leicester College Of Life Sciences Research Ethics Committee





## Items for Update

The deadline for publishing is normally the last day of the previous month. The deadline for the December issue of **Update** will be **Saturday 30th November**.

The next issue of **Update Extra** will be published in January and the deadline for items is **Tuesday 31st December**. 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.

Please send your contributions to: [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk) or to Update Editor Helen Reid.

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.

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](http://www.charnwoodu3a.org.uk)

(you will need the user name and password which have been supplied to you).

Thank you!

## Loughborough University Public Lecture

**Wednesday 6th November, 6 pm in Room 1.39, National Centre for Sport and Exercise Medicine, Loughborough University.**

### *Is health an asset? Does it enhance family, social and economic life?*

Professor Paul Downward, Professor of Economics at Loughborough University, will present research funded by the Health Foundation which is focused on the role of health as an asset.



This has been identified as important to health policy and lies at the centre of a strategy of seeking integrated care systems within the NHS Long-Term Plan.

This free lecture is open to anyone over 18 years. For further information, see the "What's On" page of our website.



### *Help needed...can you put a smile on Mariam's face?*

Can you make room for an international student to experience true British Festive hospitality?

Hosting an international student will bring a whole new dimension to your Christmas, with a chance to learn about another country's traditions and enjoy the connection and friendship that such sharing brings.



**HOST UK** arranges for international students to enjoy brief visits - one day, a weekend or, over the festive period, a three-day visit, with UK hosts. We warmly welcome new volunteer hosts to join us.

To learn more, go to our website [www.hostuk.org](http://www.hostuk.org) or leave us a message on

<http://visits.hostuk.org/Public/ApplyToBecomeAHost>