

News & Views

Newsletter

INSIDE THIS ISSUE

View from the Chair	1
Monthly Meetings	2
Group News	3-4
Scottish Dancing	3
ETHEL's Xmas Quiz	3
Pickleball	4
Pilates	4
Chess	4
Roving Reporters	5
Days of Interest	5
Meetings Calendar	6
Our New Website	7
Slow Ways	7
Research Survey	8
Letter to the Editor	8
Poetry Corner	8
EDI	8
Local Events	9
LU Lectures	9
Visiting Artist Day	9
Piano Trio Concert	9
Timebank Launch	9
Charnwood Orch.	9
Network News	10
National u3a News	10
Obituary	11
Items for Newsletter	12
Contact Info	12

Our Website

Check out our website at: www.charnwoodu3a.org.uk for lots of information about Charnwood u3a, including details of 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: All At Sea



See page 2 for details.

New Year View from the Chair



Happy New Year Everybody!

It's time for those New Year resolutions. I'm afraid that mine is the perennial one – getting fit and offloading the aftermath of too many Christmas calories. The internet has lots of advice on how to do it. One article recommends standing on one leg while brushing your teeth, sitting on the floor to watch TV and squeezing your bum while standing in a queue. The writer promised that nobody in the queue would know what I was doing, but they didn't take into account the agonised expression on my face and the "Are you all right, Dear?" from the checkout assistant at M and S. With or without bum-clenching, I really should be making this a 'View from Out of-the Chair'.

Another of my resolutions is to try something new this year. Have you checked out the list of group activities on our new website? I know it can be frustrating if a group is already full, but perhaps you could join forces with others on the waiting list and start a new group. Alternatively, if nothing on the current list takes your fancy, how about starting a completely new one? Is there something you've always wanted to explore? Do you have a hobby that you'd like to share? Browsing through other u3a websites I found some exciting possibilities, including Beer Appreciation, Tinkering, Birdwatching, Play Reading, Metal Detecting, Walking Football, etc, etc. Remember, you don't have to shoulder all the responsibility: the u3a is not just about sharing knowledge and skills, but sharing the organisational bits and pieces as well. Bev, our Groups Coordinator, is always happy to advise: Groupscoordinator@charnwoodu3a.org.uk

Sharing was also on the agenda at our Committee meeting last month. In a few weeks' time we'll be holding our AGM and, as usual, there will be vacancies to fill. We agreed that most of the Committee roles could be shared, making it easier for new Trustees to get used to the role. But we need you to think about joining us. The next Committee meeting is on January 10th, 10 o'clock, in John Storer House. Just come along and see what we get up to. No arm-twisting I promise! Call me or message me anytime.

Now, apparently if I can get up from the floor unaided, I might extend my life expectancy by two and a half weeks. I may be here till 2025!

All the best

Pam

chair@charnwoodu3a.org.uk
07974946007

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 in 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'. 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 enjoyed a wonderful Christmas concert given by the Ratcliffe Chorale (*pictured right*), who treated us to a selection of seasonal songs old and new, with the opportunity for us to sing along to well-known carols. The concert was followed by traditional mince pies with our tea/coffee.



Our Next Meeting Wednesday 10th January

All At Sea with Anette Taylor

Anette's talks of her 30 years' experience as a cruise director and travel manager are fast becoming a favourite on the speaker's circuit. Her knowledge of both ocean and river cruising are second to none and provide the backdrop for the wealth of stories she has accumulated.

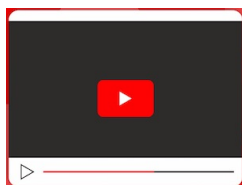


Be it the mighty oceans of the world or the fascinating rivers of Europe, Anette's life has taken her to over 100 countries where she's often experienced privileges denied to visitors. As to what goes on behind the scenes on-board a cruise ship such as assisting the ship's doctor during an operation in the middle of the Indian Ocean, calling bingo for the Greek Prime Minister, his wife and his entourage, or saving a coachload of passengers whose transport was washed off a flooded road in Egypt - all go towards making up the rich tapestry of tales Anette has at her fingertips.

Editor's Note: Some of you may remember Anette's husband Vince Eager giving us a very entertaining talk back in 2019 on his career in rock and roll.

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. **Please do not arrive before 2 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 before the meeting in a reminder email from the Chair.

Looking Ahead:

For our **February** meeting, we have a special treat for St Valentine's Day, when singer **Holly Reynolds** will entertain us with love songs from the 50s and 60s with information about the origin of Valentine's Day.

And in **March**, we have our AGM, when we hope members will have an opportunity to discover more about what our groups are doing.

For more information, see the **Monthly Meetings** page under the 'Events' menu on our website.

Group News

Scottish Dancing

Looking for something new in January and an opportunity to make new friends while getting rid of extra pounds from the Christmas festivities? Come Scottish Dancing on the first, third and fourth Wednesday mornings of the month, 10:00 am – 12 noon, at Loughborough Baptist Church, Baxter Gate!

Contact Sue (by email on ScottishDancing@charnwoodu3a.org.uk) and come along for a free taster session. Wear comfortable clothes and shoes with soft soles, but no need to bring a partner. Should you choose to come regularly you'll find it's great value – just £20 for a 12-week series.



ETHEL's Christmas Quiz

ETHEL's December meeting would have clashed with Boxing Day, so members met at the end of November for their traditional game of Call my Bluff. In the spirit of sharing the hilarity, incredulity and general brain-ache, here are some of their words. For those dumfungled (Scottish – mentally and physically worn out) through excess bonhomie, Monopoly and Christmas pudding, the answers are on page 10.

1. Misocapnist

- (n) Someone who hates tobacco smoke
- (adj) Always on the lookout for the latest food fad
- (n) Someone who never replaces the lid on the preserve

2. Noyade (n)

- A trifle or small ornament of little value
- A song or musical piece evoking daybreak and the coming of dawn, such as 'Morning Song' from Peer Gynt
- A type of suffocation by submersion, used as a form of execution in the French Revolution

3. Scorbutic (adj)

- Of or like a person affected with scurvy
- Having a tendency to be abrasive in manner
- Easily bruised or abraded

4. Huffle-buffs (n.pl)

- Pupils belonging to one of the Hogwarts houses in Harry Potter
- Old, shabby clothes put on at the end of a very long week
- Term of affection used by young people in Ireland to describe their grandparents.

5. Kakistocracy (n)

- A predilection for wearing military clothing
- An online group dedicated to hoarding rubbish
- Government by the worst of citizens

6. Sprue (n)

- A large species of American tree, also found in Canada, that can grow up to 100 metres high

- A bi-product of the plastic injection moulding process, used to hold small parts so they can be handled without damage.
- In the Old Testament, Sprue was a member of the House of Benjamin. He had three wives: Hushim, Baara and Hodesh. (Chronicles, 1)

7. Petrichor (n)

- The earthy scent when rain falls on dry soil
- A follower of the Italian poet Francisco Petrararch – imitating his style
- A seabird similar to albatrosses and fulmars, the smallest web-footed bird known.

8. Tmesis (n)

- State of being totally consumed by one's own ideas and thoughts
- (Literary): a compound word divided into two parts with another word in between, eg 'some other where' (Shakespeare), and 'Abso blooming lovely'.
- Preliminary work for a written thesis or spoken presentation ; a collection of notes

9. Omphaloskepsis (n)

- A tendency to put soy sauce on everything
- An interest in tall objects
- The act of contemplating one's navel

10. Giggle-mug (n)

- Someone who is perpetually and annoyingly cheerful
- A mug imprinted with a humorous saying
- Jiggle-mug (variant): Glaswegian slang for a charity collector

More Group News

Anyone For Pickleball?

If you fancy something new to get you going in 2024 how about Pickleball? Charnwood u3a's Pickleball group meets on Tuesday afternoons at the Loughborough Leisure Centre and has space for new members. So do get in touch if you fancy a sport which is a mash-up of tennis, badminton and ping-pong with some interesting terminology – a 'paddle' (or bat), 'wiffle balls' (which are of light plastic and full of holes), the 'kitchen' (part of the court you cannot volley in) and 'dinking' (soft shots to land in your opponent's kitchen).

All of which sounds a bit crazy, but our group, which only started in late September, has quickly got into it and are enjoying playing something new and improving together. As one says, "The balls have holes which make them slower and easier to control. There is less rushing around the court than in tennis, or squash, which makes it easier for mixed abilities to play together." Another member comments, "After playing for a few weeks I can see why Pickleball is so popular – it's great that we are now able to play in Loughborough".

In Charnwood u3a it couldn't be easier to have a go at Pickleball and discover for yourself just how much fun it is! The first session is always a free taster so simply contact Martyn Speight and arrange to come along for (what we hope you will find is) some enjoyable exercise. Rest assured our intention is not to turn you into a 'pickler' (that is someone who is so obsessed that they cannot stop talking about the sport!) though be aware that you may well quickly have pickler tendencies!

Martyn's email is
pickleball@charnwoodu3a.org.uk.



Some of the Pickleball Group at the end of one of their sessions

New Year - New Group!

Would you like to improve your flexibility, balance and core strength and just be a bit more active? We are planning to start a new mixed level **PILATES** group for anyone who is completely new to Pilates or anyone who has some experience and would like to do more.

The class will be taught by an experienced teacher and physiotherapist and will be held at Gorse Covert Community Centre Loughborough (near Morrisons) on **Tuesdays from 1.30 to 2.30**.

The maximum group size is 12 and is only open to u3a members. The group runs in 4 weekly blocks and the cost will be £29 per person payable in advance every 4 weeks. For more information or to express interest, email Pilates3@charnwoodu3a.org.uk or lpeebles@ntlworld.com.

Lynne Peebles



Chess



The Chess Group is a small but friendly band of people who meet every other Monday afternoon at each other's houses. Over the years, numbers have dwindled to five and it would be great to welcome a few more members on board.

If you are interested, contact group leader Dave Watson on 0116 2201286 or e-mail watters65gold@gmail.com

Roving Reporters

Days of Interest Group: Hanbury Hall and Worcester Victorian Christmas Market



This year's Christmas themed trip was at the beginning of December – luckily it was the day before the snow! We headed for Worcestershire, firstly to visit Hanbury Hall and then onto the Christmas Market at Worcester.

Hanbury Hall, now a National Trust property, was built in the late 18th century by a wealthy lawyer. Like lots of older houses, it has a history of scandal, with Emma Cecil, wife of the Earl of Essex, eloping in 1785 with the local vicar. Her ghost is said to walk the route between the house and the Church. I don't believe any of our party encountered her.

What we did see was the house decorated for Christmas in a 1960s / 70s theme. It was a very nostalgic opportunity to play "spot the familiar old product" game. The Christmas trees were decorated with lots of tinsel and some of the gaudy baubles we all remember from the past. There were also old singles hanging from trees and even the odd Bird's custard tin (which I can't remember happening). No Blue Peter Christmas table decorations

either. The dining room table was laden with old fashioned Christmas treats including Twiglets, cheese footballs, blanchmange and candied fruit. Lots of the food was presented in very 1960s china and lots of Tupperware. All this plus a room full of 1970s toys and to finish off a Babycham bar. I think a couple of our party may have taken advantage of the bar.

As you can see from the photograph, the view from the house looked magical in the very misty light. For those of us who were brave enough to forget the cold there were some wonderful eerie winter landscapes to see and lots of beautifully frozen cobwebs.

Luckily the café was very warm and a good place to recover.



In the afternoon we moved on to Worcester's Victorian Market. Firstly we have to admire the sheer efficiency of the coach drop off and pick up arrangements. Lots of helpful stewards and close to the market. The market itself was busy with lots of stalls selling various street foods including freshly made doughnuts. There was also the occasional street entertainer, and there were lots of stalls selling Christmas gifts and seasonal food and drink. At least a few Christmas treats were purchased.

We hope that all our members have had a good Christmas and wish them a wonderful 2024. We hope to see you on some of our 2024 trips.

If you are interested in joining the Days of Interest Group, please contact Pauline May by email at ppc.wat@ntlworld.com or by telephone at 01509 552834 or 07455 167929 for details.



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.



January 2024 Meetings

MON	TUE	WED	THU	FRI
1 Jan	2 Jan 10.00 10+ Walks 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Canasta1Quorn	3 Jan 09.30 Golf 10.00 Classical Greek 10.00 German 10.00 JigsawBookEx 10.00 Mini Tennis 10.00 Scottish Dance 10.30 Papercraft 11.00 Laughter Club 11.00 Table Tennis 3 13.30 Scrabble 2 14.00 Cribbage 2 14.00 French Improve 14.00 Reading Group	4 Jan 10.00 Sci & Tech 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 19.00 Canasta 3	5 Jan 09.00 Badminton 10.00 German: RTC 10.00 Knit & Natter 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
8 Jan 09.30 Yoga 10.00 Craft+Self Help 10.00 Latin 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Chess 14.00 Digital Imaging 14.00 Quiz group 15.00 Current Affairs	9 Jan 09.30 Pilates 2 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Eng Parish Ch 15.30 Pickleball	10 Jan 09.30 Golf 10.00 Committee 10.00 Mini Tennis 10.30 History 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn	11 Jan 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor	12 Jan 09.00 Badminton 10.00 Classical Civ 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
15 Jan 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 12.30 Gardening 13.30 Canasta 2 14.00 EDI meeting 14.00 Painting	16 Jan 09.30 Pilates 2 10.00 6+ Walks 10.00 Spanish 10.45 Pilates 3 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Philosophy 2 14.00 Sing4Pleasure 15.30 Pickleball	17 Jan 09.30 Golf 10.00 German 10.00 Mini Tennis 10.00 Poetry 2 10.00 Scottish Dance 11.00 Table Tennis 3 13.30 Scrabble 2 14.00 Cribbage 2 14.00 Family History 14.00 French Improve 14.00 Italian Conv	18 Jan 09.45 CC Walks 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 14.15 Scrabble 4 18.30 Supper Club 2	19 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 15.00 Mac Users
22 Jan 09.30 Yoga 11.00 Table Tennis 1 14.00 Chess	23 Jan 09.30 Pilates 2 10.00 ETHEL 10.45 Pilates 3 11.00 Table Tennis 2 14.00 Canasta 1 14.00 Cribbage 1 14.00 Philosophy 1 15.30 Pickleball	24 Jan 09.30 Golf 10.00 Mini Tennis 10.00 Scottish Dance 10.00 Stitch & Sew 11.00 Table Tennis 3 14.00 Classical Music 14.00 Travel Group	25 Jan 10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor	26 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
29 Jan 09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2	30 Jan 09.30 Pilates 2 10.45 Pilates 3 11.00 Table Tennis 2 14.00 Canasta 1 15.30 Pickleball	31 Jan 09.30 Golf 10.00 Mini Tennis 11.00 Table Tennis 3		

PLUS at Weekends: Sunday Lunch Club (14th Jan).

Making The Most of our New Website



Our new website contains information about Charnwood u3a, including details of all our interest groups. So visit www.charnwoodu3a.org.uk to find out more. You could also check if we have the right information about the groups you belong to - and think about others you may be interested in joining.

Logging On

Our website has content which is available to all, as well as information only available to members who log in. To log in, go to our website and select 'Login' on the menu. If you have not yet set a password press 'Forgot Password'. A page then comes up where you enter your user name. This is usually your Surname followed by your first initial. Please seek help (see below) if this does not work for you. Then select 'Reset Password' which generates an email with instructions on how to create your password, then you can enter your user name and password on the Login page.

When you have finished on the site remember to press 'Logout' (in the upper righthand corner of the screen).

More about our Interest Groups

Information about all our interest groups can be found by selecting 'Groups', and then 'Groups List', in the menu.

To find out more about a group, select it by name (in the blue text). If you are logged in, there is an email icon at the top right of the page which can be used to contact the group leader for more information.

Checking/Amending Your Personal Details

If you move house, or change either your phone number or email address, you can update your personal details on the website: First log in, then,

under 'My Membership' in the menu, select the 'My Profile' option. This opens up a page with the personal data Charnwood u3a holds about you. Here you can amend whatever needs changing - remembering afterwards to then press the 'save changes' button at the top of the page.

Note - A (yet to be corrected) system bug means editing personal details can clear the 'Newsletter required' – Yes/No flag in your personal data. If this happens when you are saving changes you can just reset this flag (selecting Yes if you want to receive these updates) before again saving the page.

Adding Emergency Contact

We are now encouraging all our members to record their Emergency Contact details in the new system. This means that this information is available to the leaders of the groups you belong to, in case they need to use it. So please, if you haven't already done so, start 2024 by logging on, selecting My Membership, then My Profile and updating your contact information.

Accessing Old News & Views

A link to our newsletter is sent out monthly by email, but all recent editions of *News & Views* - back to July 2023 - can also be found on our website. They are under News in the menu and then in Charnwood Newsletters. Older newsletters (going back to January 2019) can be found on our old website, available under the 'More' menu.

This ongoing series is aimed at helping you get the most out of our new system. If you have any queries or want further advice, Martyn Speight can be contacted by email at martyn.sm@charnwoodu3a.org.uk or by phone on 01509 213137.

Slow Ways



You may remember the piece in the May 2021 issue of *News & Views* (page 5) about the **Slow Ways** project. This initiative aims to create a national network of walking routes connecting all of Great Britain's towns and cities as well as thousands of villages.

Using existing paths, ways, trails and roads, people can use Slow Ways routes to walk or wheel between neighbouring settlements, and combine them to create longer distance trips. It will be of especial interest to walking groups but any individual can get involved. And they have a new Challenge for 2024!

For more information, go to: <https://beta.slowways.org/>

Survey Participation Request

Coexisting Dementia and Hearing Conditions



A short 10-minute survey has been launched to collect priority questions for future research about the connection between dementia and hearing.

This work is led by the NIHR (National Institute for Health and Care Research), Nottingham Hearing Biomedical Research Centre (BRC) and the

University of Nottingham in a collaboration with Alzheimer's Research UK (ARUK) and the RNID (Royal National Institute for Deaf People) and supported by the James Lind Alliance.

They would like to share the survey widely to help ensure that future research focuses on the questions that matter most to those it will impact. Have your say about the connection between dementia and hearing to guide future research. Completion of the survey will only take around 10 minutes.

The survey can be completed via the link below and can be made available in different formats. Go to: <https://www.jla.nihr.ac.uk/priority-setting-partnerships/coexisting-dementia-and-hearing-conditions/> and click on "Complete the survey" near the top of the page.

Letter to the Editor

Christmas in the Wood

Following the publicity in the December newsletter, I went up to Burleigh Wood and was delighted with the experience. The event was well organized by the University under the leadership of Richard Fenn-Griffin. As we walked around the wood, there were a number of 'stops': the first was for mulled wine, cookies and mince pies around a fire with a poetry reading; the second to listen to a choir singing carols; at the third there was an ecological talk by Richard followed by the hanging of woodland-crafted decorations around a tree, along with a 'pledge'; and, finally, we came upon a six-piece orchestra, with cello and bassoon, playing Christmas tunes. The event was rounded off by a blessing from the Rev Angela Tarry. Everyone wore proper boots and the rain held off. I would recommend this for next year; Richard also does a 'bluebell walk' in Burleigh Wood in May.

Martin Litherland

Editor: This looks to be an excellent event. Hopefully next year it won't clash with our December monthly meeting!

Poetry Corner

Drinking Wells in the Desert

Inner peace is your drinking well

Drink, each day, a draught divine.
Let its coolness slowly refine
The whole of life, until the heat
And hurry die, and sour tastes sweet.

You will begin to grow in grace
Which beautifies the plainest face.
Truth, and Beauty, Compassion too
Will grow, and thrive, and blossom in you.

You will not know. You cannot tell
That you will become a fine-tuned bell.
Others will hear the sweet, clear tone.
Daily draw your refreshment alone!

Wherever you wander, wherever you dwell,
Inner peace is your secret well.

Copyright Louie Carr, 2003.

Equality, Diversity and Inclusion (EDI)

The next meeting of the EDI team will be held on **Monday 15th January at 2 pm at Gorse Covert Community Centre.**

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 2 months) please email newsletter@charnwoodu3a.org.uk.



Upcoming Local Events



Loughborough University Events

Inaugural Lectures

**Wednesday 24th January, 5 pm, EHB110b,
Edward Herbert Building**

How can we manage driver sleepiness? A career in collaboration.

Professor Ashleigh Filtness
School of Design & Creative Arts

SHIFTing Gears to improve health: can we support professional drivers to sit less and move more?

Professor Stacy Clemes
School of Sport, Exercise and Health Sciences

These are free public lectures, open to all. For more details and booking information, see

<https://www.lboro.ac.uk/inaugural-lectures>

Charnwood Forest Geopark Visiting Artist Day

Saturday 20th January, 10 am - 4 pm
**Venues: The Outwoods, Beacon Hill,
Woodhouse Eaves, St Mary's in
Charnwood, Morley Quarry.**

A day of artist activations and workshops organised by LU Arts and Charnwood Forest Geopark. A free event, open to all. For more details and booking information, see:

<https://www.lboro.ac.uk/news-events/events/charnwood-forest-geopark-visiting-artist-day/>

Details of other University events are at:
<https://www.lboro.ac.uk/news-events/events/>

Winter's Eve - A Concert by the Eve Piano Trio

**Friday 5th January, 7:30 - 9:30 pm,
St Mary's in Charnwood**

Classical favourites from Haydn, Schubert and friends with seasonal favourites by Tchaikovsky, Strauss, Waldteufel and more!

The Eve Piano Trio are: Eleanor Graff-Baker - Violin, Victoria Norman - Cello and Elizabeth Paling - Piano.

Tickets are free but as space is limited please book in advance on 01509 731107 or at EveTrio@hotmail.com

Interval refreshments included but donations welcome.

Discover Charnwood has other local events at:
<https://www.discovercharnwood.co.uk/events>

Charnwood Timebank Launch

**Friday 12th January, 10:30 am - 12:00 pm,
Fearon Hall, Rectory Road, Loughborough**

Time4Leicestershire are pleased to announce the launch event of **Charnwood Timebank** in Loughborough on 12th January, where they'll showcase some of the skills you could learn.

Timebanking initiatives benefit local communities and residents by providing a safe and positive environment in which to meet new people who can help out by sharing their skills, or by offering help to develop a person's skills that may not have previously been available. To find out more about the Charnwood Timebank or to register to get involved, visit the website:
www.time4leicestershire.org.uk

Charnwood Orchestra

A reminder of Charnwood Orchestra's New Year concert on **Saturday 13th January at 7:30 pm at Humphrey Perkins Community Centre, Barrow.**

The programme features music from Offenbach (Orpheus in the Underworld Overture), Tchaikovsky (Nutcracker), Berlioz, Delibes and Ponchinelli, plus Viennese favourites from the Strauss family. For the full programme, see December's *News & Views*.

More details and ticket information can be found at <https://www.charnwoodorchestra.org.uk>

Space Lates at the National Space Centre

Space Lates are aimed at adults (and children with a real interest in science) and each month is a different theme. In the next session, on 2nd February, the Discovery team explore **astrophotography** to capture the beauty of the cosmos.

For further information and a booking link, see: <https://www.spacecentre.co.uk/whats-on/space-lates-february/>

Network News



East Midlands Regional Trustee Newsletter

We have been asked to circulate a newsletter from John Lewis, our East Midlands Regional Trustee. This can be found on pages 4-5 of <https://u3asites.org.uk/files//landr/docs/networknews20231216composite.pdf>. Members are invited to read this and respond appropriately.

News from the National u3a



u3a Festival 2024

The u3a movement is holding its first ever Festival 18 - 20 July 2024 at the University of York, where members will be running a wide variety of activities - talks, sporting events, musical entertainment and workshops. This is now open for accommodation bookings (though not yet for festival tickets). Find out more about the festival on the u3a website at: <https://www.u3a.org.uk/events/festival-2024>

Artificial Intelligence and You in 2024

The u3a Future Lives group is starting 2024 with a look at how Artificial Intelligence might impact our lives. On **Tuesday 16 January at 2 pm**, join u3a AI Subject Adviser Barry Claydon to get the lowdown on artificial intelligence and what might be in store for us next year. Register on the Future Lives page at: <https://www.u3a.org.uk/our-impact/future-lives>

Everyone Has a Story

Lichfield u3a's Memoirs group have put together a project, called 'Everyone has a Story', with guides to help people who might be taking the first steps towards writing their life story. The resources are on the Lichfield u3a website at <https://u3asites.org.uk/lichfield/page/131291>.

Free On-Line Events this Month include:

- **Exploring World Faiths: Common Themes in Faith** with a member of the Baha'i faith, hosted by subject adviser Dr Peter Rookes, Mon 8 Jan at 10 am.
- **Chinese Wand Exercises for Mobility, Fitness and Fun**, Fri 12 Jan and 19 Jan at 10 am.
- **Toulouse-Lautrec and the Music Halls of Paris** with Peter Webb, Thu 18 Jan at 2 pm.
- **Secrets of the Human Brain: Talk 1** of a series with Dr Bob Pullen, Prudhoe u3a, Wed 24 Jan at 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>.



Toulouse-Lautrec, photo Paul Sescou, 1894.

National u3a Newsletter and More:

To register to receive the National u3a newsletter regularly, go to: <https://www.u3a.org.uk/newsletter> where you will also find a link to recent issues.

The u3a National programmes page at: <https://www.u3a.org.uk/learning/national-programmes> has more learning initiatives, including new programmes, as well as ongoing themes like mathematical challenges, sharing photos and artwork - and the monthly radio podcast. Also, the u3a learning blog **Sources** includes a large collection of articles, posted by u3a members, covering a wide range of topics. This can be found at: <https://sources.u3a.org.uk>.

Our impact is about using our voice to make a difference and influence change, locally and nationally, beyond the great work we do everyday in our u3as. See <https://www.u3a.org.uk/our-impact> for details.

Answers to ETHEL's Christmas quiz on page 3:

1 a; 2 c; 3 a; 4 b; 5 c; 6 b; 7 a; 8 b; 9 c; 10 a

Obituary

Hilary Knowles



It was with enormous sadness that we learnt, in early December, of the passing of our friend Hilary Knowles, after a long battle with cancer. Our thoughts go out to her husband Cliff, also a longstanding Charnwood u3a member, at this sad time.

Hilary was a member of Charnwood u3a for more than ten years. The breadth of her knowledge and interests shows in the many u3a groups she belonged to, including Gardening, Chess, and German, as well as Theatre and Travel groups. Hilary was Groups Co-ordinator for the u3a at that very difficult time at the height of the pandemic in 2020-21, when keeping lines of communication with group leaders was so important, and she managed this brilliantly. As a Committee member, she was unfailingly positive and supportive. Even after she was forced to leave the Committee on health grounds, she continued to contribute on subcommittees and was always full of ideas for improving our u3a. Her sharp intelligence, combined always with humour and common sense, made her a joy to be with. She will be greatly missed by her many friends in the u3a.

For those wishing to attend Hilary's funeral, the arrangements are as follows:

Day: Monday January 8th

Time: 12:30

Location: Loughborough Crematorium

Afterwards: The Manor House, Woodhouse Road, Quorn LE12 8AL

Cliff is asking for donations either to Cancer Research UK or LOROS in lieu of flowers (either direct to the charity or via collection box at the crematorium).

Pam Upton & Helen Reid

Celia Durose

Another longstanding member, Celia Durose, has also sadly passed away.

Celia had been a member of Charnwood u3a for over 15 years and had belonged to a number of u3a groups, including Art Appreciation, Days of Interest, Parish Walks, Classical Music Enjoyment, History and English Parish Churches.

Our sincere condolences go out to her sister, Ann Wykes, who informed us of Celia's death in early December, and to all her family and friends. She will be sadly missed.

Chris Elliott

It is also with sadness that we hear of the sudden death on 10th December - of heart attack and stroke - of a more recent member of Charnwood u3a.

Chris Elliott belonged to the Thursday Table Tennis group (4), and was a fairly new member. According to the group leader "She did not play each week and so we did not really get to know her properly. She was a good Table Tennis player though."

Our thoughts and condolences go out to her husband Nigel - who joined the u3a at the same time as Chris - as well as all her family and friends.

Andrew Wilson

And finally, we are sad to report the death, on 18th December, of an even more recent member, who only joined Charnwood u3a in Sept 2023, but who will have been well known to many members who worked at Loughborough University, through his leading role in Staff Training there. Our condolences go out to Andy's wife Helen, a longstanding member of Cu3a, and all his family and friends. He will be greatly missed.

The funeral arrangements are: **Loughborough Crematorium at 12.30 pm on Thursday 18th January. Afterwards at Longcliffe Golf Club, Snells Nook Lane, Nanpantan, Loughborough, LE11 3YA.**

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.

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 **Tuesday, 30th January (12 noon)**.



Please send your contributions to the Newsletter Editor at: newsletter@charnwoodu3a.org.uk

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 generic email addresses ending @charnwoodu3a.org.uk of 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 Site Administrator, 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>

Leicestershire and Rutland Network: <https://u3asites.org.uk/landr/>

