

# News & Views


 Newsletter

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## Our Website

Check out our website at: [www.charnwoodu3a.org.uk](http://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 February 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:

### Secret Love



See page 2 for details.

## View from the Chair



So, it's confirmed – according to my granddaughter I am now officially an old lady. Apparently if a young person trips over everyone laughs, but if it happens to someone over 70, it's deemed a 'fall' and a potential medical emergency. I won't bore you with the details, but I tripped over a low-hanging duvet (teach me to make the bed properly!) and my ribs made painful contact with a wooden bed post. Now I have actually bored you with the details, I'm able to assure you that nothing is broken and all I'm left with is an acute sense of embarrassment and a reminder not to laugh or sneeze.

Chinese New Year begins on February 10th and it's the Year of the Dragon. My year of Birth (okay – 1949) makes me an Ox. Apparently that means that I'll have a 'comfortable life after retirement'. They obviously know nothing about being a u3a Chair! I'm also cautioned to 'control my desire for consumption' and 'take time to exercise'. I guess that also includes improving my agility so that I can jump over low-hanging duvets.

On a brighter note: February is generally considered the last month of winter. Why does January feel such a long month, when it has the same number of days as six other months? One answer is that we start to feel guilty about the New Year's resolutions we've already broken. Tuesday 13th is, of course, Pancake Day. Other days to look forward to are Yorkshire Pudding Day (February 4th) and Ice Cream for Breakfast Day (really!). So no hope of controlling that desire for consumption!

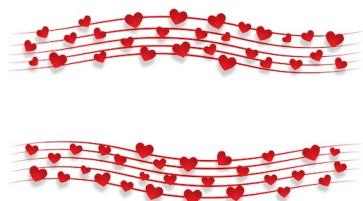
While we're on dates, you'll know that the 14th is Valentine's Day. It's also the date of our next Committee meeting (10 am, John Storer House) and we're spreading the love by inviting you to come and see what we get up to. Give me a call or drop me an email if you'd like to join us. We'll be preparing for our AGM on March 13th, but there'll be other exciting things to discuss, including our plan to showcase some of the great activities that Charnwood u3a has to offer, with displays in the foyer at Emmanuel and five minute presentations after the AGM. If you're a group leader and you haven't already said you'll take part, please talk to your members, see what you can do and contact either Bev: [groupscoordinator@charnwoodu3a.org.uk](mailto:groupscoordinator@charnwoodu3a.org.uk) or me: [chair@charnwoodu3a.org.uk](mailto:chair@charnwoodu3a.org.uk)

All the best  
Pam  
07974 946007

## Our Monthly Meetings

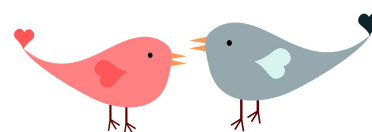
The monthly meetings of Charnwood u3a are on the **second Wednesday afternoon, 2.15 for 2.30 pm in Emmanuel Church**, Forest Road in Loughborough. The main car park for the church is accessed via Ingle Pingle, to the west of the church. Our monthly meetings are free to all, and we welcome prospective 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](mailto:chair@charnwoodu3a.org.uk)

Last month we welcomed cruise director/travel manager Anette Taylor who gave us an entertaining and well illustrated talk about her travels on cruise ships in various parts of the world.



## Our Next Meeting Wednesday 14th February

### Secret Love with Holly Reynolds



### *A special Valentine's Day celebration of love songs from the 50s and 60s*

Holly's love of all things 50s and 60s started at an early age, when she first watched Calamity Jane and fell in love with the wonder of Doris Day. It was this early influence that inspired Holly to be a vintage vocalist, singing hits from the golden era of music.

At the age of 7 she delivered her first public performance singing Castle on a Cloud from Les Miserables, and from that moment Holly's love for singing just grew and grew. She began performing her own gigs from the age of 13, opening for well-known acts, joining a local band and releasing her own EP.

Having graduated at the Liverpool Institute for Performing Arts which was founded by Paul McCartney (who she was taught by and received her degree from!), Holly could be found performing in theatres across the country with a variety of 50s and 60s tribute acts.

All these experiences have led Holly to where she is now, performing her own tribute to the music of the 1950s and 1960s. For photos and a video of Holly in action, go to: <https://www.hollyreynolds.co.uk>

### **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.

## AGM - Wednesday 13th March

You should already have received Advance Notification of our AGM - together with a nomination form for election to Committee - via an email from our Chair (or by post if you don't have email). This is a reminder that if you wish to propose a motion (requiring a vote), or a topic for inclusion in Any Other Business, please send details to our Secretary Debra Hardwick at [secretary@charnwoodu3a.org.uk](mailto:secretary@charnwoodu3a.org.uk) **no later than Monday 12th February**. Nominations for Committee need to be in by **6th March**.

As well as the AGM, plans for our March meeting include presentations and displays to showcase some of the great activities being carried out by our groups, so make sure you come along to find out what's going on in your u3a.

## Group News

### Laughter Club

I'm getting on. Old age is creeping and I'm noticing it more and more. So keeping fit and active is as important as ever. And one of the ways that really makes me feel good is Laughter Yoga. You all know that laughter is the best medicine. Well, it's not just a story, it has scientific backing. When you laugh your body releases endorphins, the feel good hormone. And, better than that, your body can't tell the difference between when you laugh because someone tells you a joke or when you just laugh out loud for the sake of it. Add a bit of deep breathing yoga style and you have a recipe for health. And while I started this piece saying how I'm feeling my age, when I do Laughter Yoga I feel rejuvenated and back with my fun loving self.



Now, some of you will watch Robson Green's Weekend Escapes on BBC2. Some of you may have seen episode 2.2 with Angela Lonsdale\* when they end the weekend doing Laughter Yoga in his garden with Laughter Yoga teacher, Katie Williams. Well, you don't have to go all the way to Northumberland. You can stay right here in Loughborough and practise Laughter Yoga every month. Come along, lose your inhibitions, have a good laugh – it's infectious.

A comment from one of the members: "I always feel exhilarated after the class and for hours afterwards. You lose yourself and forget not only your own problems but all those going on in the world. Good for your soul and body too. It's great.. it's fun... try it!"

Laughter Club is first Wednesday of every month, 11 o'clock at Gorse Covert Community Centre. If you are interested in joining us, please contact me at [laughter-club@charnwoodu3a.org.uk](mailto:laughter-club@charnwoodu3a.org.uk)

\* <https://www.bbc.co.uk/iplayer/episode/m001tkd3/robson-greens-weekend-escapes-series-2-2-angela-lonsdale>

Anthony Gimpel

### New Pilates Group



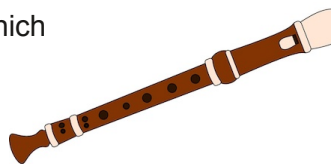
There are a few spaces still available in this new group which will run on **Tuesdays 12 - 1 pm at Gorse Covert Community Centre** in Loughborough.

If you are interested and want to find out more, contact me on 07954 411363 or email [lpeebles@ntlworld.com](mailto:lpeebles@ntlworld.com)

Lynne Peebles

### Recorder Group

The new recorder group, which started in December, is still open to members up to a maximum of 8.



The group meets on the third Tuesday morning of each month. The next meeting will be on Tuesday 20 February at 10.00 am.

If you are interested in joining this group, please contact Arthur Gould on 01509 266804, 07973 333735, or [recorder@charnwoodu3a.org.uk](mailto:recorder@charnwoodu3a.org.uk)

### News of Your Group

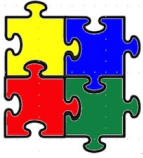
Do you have news from your group to share with other Charnwood u3a members? All contributions are very welcome, preferably by email to [newsletter@charnwoodu3a.org.uk](mailto:newsletter@charnwoodu3a.org.uk)



Photos are always welcome - though not compulsory! Please remember to send in your contribution ahead of the deadline given on the last page of each issue.

MON	TUE	WED	THU	FRI
<p><b>February 2024 Meetings Calendar</b></p> <p>Please note: Whilst every effort has been made to show the dates/times of these meetings as accurately as possible, errors and changes may occur, so you should check with group leaders for confirmation. Please send any amendments for future issues to : <a href="mailto:newsletter@charnwoodu3a.org.uk">newsletter@charnwoodu3a.org.uk</a></p>			<p>1 Feb</p> <p>10.00 Sci &amp; Tech 10.00 Spanish Conv 11.00 Table Tennis 4 14.00 Bowls Indoor 14.00 French Conv 19.00 Canasta 3</p>	<p>2 Feb</p> <p>09.00 Badminton 10.00 German: RTC 10.00 Knit &amp; 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 Lunch Club 12.00 Table Tennis 6 13.30 Pilates 1</p>
<p>5 Feb</p> <p>09.30 Yoga 10.00 Latin 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 15.00 Current Affairs</p>	<p>6 Feb</p> <p>10.00 10+ Walks 10.00 Spanish 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Canasta1Quorn 14.00 Sing4Pleasure</p>	<p>7 Feb</p> <p>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 14.00 Sustain Planet</p>	<p>8 Feb</p> <p>10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Bowls Indoor</p>	<p>9 Feb</p> <p>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</p>
<p>12 Feb</p> <p>09.30 Yoga 10.00 Craft+Self Help 10.00 Poetry 1 11.00 Table Tennis 1 14.00 Archaeology 14.00 Digital Imaging 14.00 Quiz group</p>	<p>13 Feb</p> <p>09.30 Pilates 2 10.00 Scrabble 3 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Eng Parish Ch 15.30 Pickleball</p>	<p>14 Feb</p> <p>09.30 Golf 10.00 Committee 10.00 Mini Tennis 11.00 Table Tennis 3 14.30 Monthly Meet 19.00 Canasta2Quorn</p>	<p>15 Feb</p> <p>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</p>	<p>16 Feb</p> <p>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</p>
<p>19 Feb</p> <p>09.30 Yoga 10.00 Craft+Self Help 11.00 Table Tennis 1 13.30 Canasta 2 14.00 Chess 14.00 Gardening 14.00 Painting</p>	<p>20 Feb</p> <p>09.30 Pilates 2 10.00 6+ Walks 10.00 Recorder group 10.00 Spanish 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Philosophy 2 14.00 Sing4Pleasure 15.30 Pickleball</p>	<p>21 Feb</p> <p>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</p>	<p>22 Feb</p> <p>10.00 Thurs 6 Milers 11.00 Table Tennis 4 14.00 Architecture 14.00 Bowls Indoor</p>	<p>23 Feb</p> <p>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</p>
<p>26 Feb</p> <p>09.30 Yoga 11.00 Table Tennis 1 14.00 Local History</p>	<p>27 Feb</p> <p>09.30 Pilates 2 10.00 ETHEL 10.45 Pilates 3 11.00 Table Tennis 2 12.00 Pilates 4 14.00 Canasta 1 14.00 Cribbage 1 14.00 Philosophy 1 15.30 Pickleball</p>	<p>28 Feb</p> <p>09.30 Golf 10.00 History 10.00 Mini Tennis 10.00 Scottish Dance 10.00 Stitch &amp; Sew 11.00 Table Tennis 3 14.00 Classical Music 18.30 Supper Club 1</p>	<p><b>PLUS at Weekends:</b> Sunday Lunch Club (11th Feb)</p>	

## Ongoing Support for Simple Membership



Over the last few months we have shared information about how Charnwood u3a members can use our new integrated web based Simple Membership system. This is now used to support many of our u3a's activities. Whilst we are still working to further develop aspects of our new system, our monthly hints and tips have now covered the basics. So, this is the last one in the series (until there is something fresh to share). Support assistance for our members does however still continue. Ask if this is needed (see below for details) and please visit our website at [www.charnwoodu3a.org.uk](http://www.charnwoodu3a.org.uk) and make full use of our system. Below are a few further reminders.

### Logging On

We can see that some have tried logging onto our system (through our website) by using their email address. Unlike other systems you may use, this does not work in Simple Membership. Instead you need to use your User Name. Unless you have a popular surname this is your Surname followed by your first initial (in the form SurnameA). If this does not work for you, please ask (see below for who to contact).

### Changing Your Personal Details

Charnwood u3a members are encouraged to use the self-service capability in our system to keep

their personal details (address, email, phone and emergency contacts) up to date. These can be found under My Membership, and My Profile (once you have logged in).

### Adding Emergency Contact

We are encouraging our members to record their Emergency Contact details in our new system so that knowing who to call (in the unlikely event that it is needed) is made available to our group leaders. Gradually more of you are adding this information to your personal details. So, thanks to those who have already done this, but if it is still 'to do', then please now enter an appropriate name and contact number.

Should help in using our Simple Membership system be needed Martyn Speight can be contacted, by email at [martyn.sm@charnwoodu3a.org.uk](mailto:martyn.sm@charnwoodu3a.org.uk) or by phone on 01509 213137.

## Equality, Diversity and Inclusion (EDI)

The EDI team met on 15th January at Gorse Covert Community Centre, where topics discussed included:

- possible appointment of a Welfare/Accessibility Coordinator for our u3a
- making contact with pre-retirees via local companies
- completing the Accessibility Audit, detailing facilities in venues currently used by our groups
- completing a Potential Venues List detailing rooms available locally for meetings



**The next meeting of the EDI team is scheduled for Monday 11th March, 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](mailto:newsletter@charnwoodu3a.org.uk)

## Leics & Rutland Network News



The Leicestershire & Rutland Network has been running for many years, providing u3as in the two counties with an opportunity for peer discussion, training and social activities, and being a voice in passing views up the communications chain at regional and national levels, as well as receiving vital information from u3a National Office and the Regional Trustee.

Several Network roles will become vacant at the next AGM in March, namely: Chair, Business Secretary, Network Co-ordinator and Minutes Secretary. In order for the Network to continue, people will need to step forward to fill these roles.

More information, including role descriptions, can be found in the latest Network Newsletter at <https://u3asites.org.uk/files/l/landr/docs/networknews20240118composite.pdf> - which also contains details of online Member Workshops and upcoming events at Bosworth Battlefield Heritage Site.



LEON reference number: 13689

Danyang Wei, a doctoral researcher at the School of Sport, Exercise and Health Sciences at Loughborough University, is currently conducting a study on the central nervous system's predictors of balance and age-related changes in the ankle muscles. Specifically, they are investigating how changes in the nervous system impact postural control and the ability to maintain balance as people age. As part of this research, they are seeking participants aged 29 - 68, especially targeting the adult population aged 58 - 68 years.

## CALLING FOR PARTICIPANTS

*for non-invasive study Central nervous system predictors of balance and age-related changes in the ankle muscles*

### PURPOSE:

To investigate how changes in the nervous system affect postural control, or the ability to maintain balance, as people age.

### HOW MANY LAB VISITS?

4 visits (~6 hours):

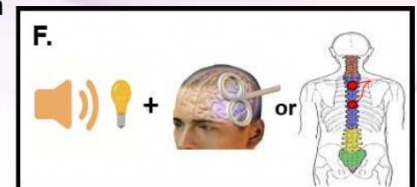
- 1 x familiarisation session (~1 hour)
- 1 x balance test session (~1 hours)
- 2 x ankle function-based test sessions (~4 hours)

### WHAT YOU WILL DO?

- Strength test
- Nerve stimulation
- Brain stimulation task
- Reaction task
- Balance task
- Spinal cord stimulation

### WHY SHOULD I JOIN?

You will be able to gain insight into your own neuromuscular function and physical abilities. This knowledge can help you better understand your strengths and weaknesses and may inform your personal fitness. Additionally, we are available to provide further training advice if needed.



### WHEN?

From July 2023 until July 2025



Find More Info

Danyang Wei  
(Doctoral Researcher)  
[D.Weil@lboro.ac.uk](mailto:D.Weil@lboro.ac.uk)

If you are interested in participating in this research and meet the criteria (right), please contact Danyang Wei on [D.Weil@lboro.ac.uk](mailto:D.Weil@lboro.ac.uk)

### CRITERIA:

- Age between 18-68 years
- No mental health medication
- No ongoing medical intervention or medication, including hormone therapy or surgery
- No current injury to lower body, back, spine, or head
- No history of major trauma or surgery
- No musculoskeletal or neuromuscular disease affecting major lower limb joints
- Fit for exercise participation
- No history of epilepsy, severe angina, uncontrolled hypertension, heart failure, or cardiovascular disease
- Blood pressure below 140/90 mm Hg
- BMI < 30kg/m<sup>2</sup>
- Normal hearing without assistance
- Active, but not highly trained

## UNIVERSITY OF LEICESTER *Effect of ageing on short-term memory and attention*

Researchers in the Department of Psychology and Vision Sciences at the University of Leicester are looking for older adults to investigate changes in short-term memory and attention across the lifespan.

### To be eligible, you must be:

- **over 65 years old,**
- **have no neurological condition and**
- **have normal or corrected-to-normal vision (i.e., glasses)**

tests, whilst your eye movements are recorded using an infrared camera. To compensate for your time and travel, all participants will receive an honorarium of £11 per hour in the form of Amazon Vouchers.

Taking part in this research would involve you attending a 1.5 - 2 hour session at the George Davies Centre, 15 Lancaster Road, Leicester, where you will complete a variety of computer-based tasks and visual acuity

If you are interested in receiving more detailed information about this research, please contact the postgraduate researcher Milena Rota via email on [mvr2@leicester.ac.uk](mailto:mvr2@leicester.ac.uk) and she will be happy to provide you with more information, or you can sign up through the research team's lab page at:

[https://dougiebarrett.github.io/Lab/pages/search\\_ageing\\_v2.html](https://dougiebarrett.github.io/Lab/pages/search_ageing_v2.html)

## Upcoming Local Events



### Loughborough University Events

#### **With and Without HOME Exhibition**

**5th - 16th February, Mon - Sat, 10 am - 4 pm,  
and Fri 9th February, 6 - 8 pm  
at Charnwood Arts, 27 Rectory Place, L'boro**

Within and Without Home is a collection of creative work by doctoral researchers in the HOME Centre for Doctoral Training at Loughborough University. The PhD projects are focused on home and homelessness, aiming to approach the problem in a creative way, from multiple perspectives.

This exhibition looks at home as both a physical space, and at its intangible components inside and outside of the dwelling. The exhibition features mixed-media pieces including photography, soundscapes, virtual reality and interactive exhibits.

Topics covered range from home's emotional aspects, to alternative ways of making and finding home, to exploring how home is perceived by society and the systems surrounding this.

A free exhibition, no booking required.

#### **National Theatre Live: Vanya**

**Thursday 22nd February, 7 pm - 10 pm  
at the Cope Auditorium**

Andrew Scott (Fleabag, Sherlock) brings multiple characters to life in Simon Stephens' (The Curious Incident of the Dog in the Night-Time) radical new version of Chekhov's 'Uncle Vanya'.

Hopes, dreams, and regrets are thrust into sharp focus in this one-man adaptation which explores the complexities of human emotions.

Certificate 15. Running time: 1 hr 57 mins with no interval. Tickets £10 (£5 students).

Tickets are non-refundable unless the screening is postponed or cancelled. Subject to availability, card payments only can be taken on the door.

**Parking:** Visitors are now required to register their vehicle and pay to park on campus, including outside the Cope Auditorium. There is a flat evening rate of £1 after 6pm.

<https://www.lboro.ac.uk/arts/whats-on/nt-live-vanya/> gives further details and information about booking tickets and parking.

**Details of other University events can be found at:** <https://www.lboro.ac.uk/news-events/events/>

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

**NEW DATE:**

**Friday 9th February, 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](mailto:EveTrio@hotmail.com)

Interval refreshments included but donations welcome.

#### **Lunchtime Concert at Emmanuel**

**Thursday 15th February, 12:45 pm - 1:30 pm**

A concert by:

**Jenny Saunders - Soprano**

**David Morris - Tenor**

**Jeremy Kimber - Piano**



The three local musicians perform a programme of songs from musicals. Humour combined with artistry will undoubtedly be on offer.

The concert starts at 12.45 pm but a Soup and Roll lunch will be served from 12.00.

**A free event, but donations are most welcome.**

<https://www.facebook.com/emmanuelconcerts>

## More Upcoming Local Events

### Where the Boatmen Dwell Exhibition

Loughborough Library,  
Local and Family History Centre  
Tuesday 6th February - Saturday 27th April  
Every day except Wednesdays and Sundays

An exhibition showing the canal side cottages, the families who lived there in the 19th Century and the lives they led as well as the history of the canal itself.



Free entry during Library staffed hours.

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

### Friends of Charnwood Museum

Wednesday 7th February, 7:30 pm:  
Celebrating the Origins of Animals Life: Building  
a UNESCO Global Geopark in Charnwood Forest

Speaker Dr Jack Matthews is Geoheritage Conservation and Interpretation Officer at Charnwood Forest Geopark and an Honorary Researcher at the Oxford University Museum of Natural History, specialising in research questions involving geology and palaeontology. His research examines questions around the first appearance of animals in the geological record. In 2021 Jack was part of a team that successfully lobbied UNESCO to establish an International Geodiversity Day.

Cost: Members £2. Non-members £4.  
Light refreshments from 7pm

All Welcome - Booking essential. See:  
<https://www.charnwoodmuseum.co.uk/events>

### Charnwood Orchestra

As their celebratory 50th season continues, Charnwood Orchestra's next concert is on

Saturday 23rd March at 7:30 pm at  
Emmanuel Church, Loughborough

A really great programme includes:

- Brahms Tragic Overture
- Schumann Piano Concerto – Soloist Robert Markham
- Dvorak – New World Symphony


More details can be found at  
[www.charnwoodorchestra.org.uk](http://www.charnwoodorchestra.org.uk)

Tickets - £14 adults, £12 concessions, £5 18s and under or NUS members - are available from:

<https://www.charnwoodorchestra.org.uk>  
email: [tickets@charnwoodorchestra.org.uk](mailto:tickets@charnwoodorchestra.org.uk)

or at the door, cash payments only.

50th Anniversary Concert Season



**The Charnwood Orchestra**  
Music Director Nic Fallowfield  
Patron Thomas Bowes

**Dvořák's  
'New World'**

**Saturday  
23rd March 2024  
7:30pm**

**Emmanuel Church  
Forest Road  
Loughborough LE11 3NW**

**Conductor Nic Fallowfield  
Piano Robert Markham**

**Brahms Tragic Overture**

**Schumann Piano Concerto**

**Dvořák Symphony No.9  
'From the New World'**




Robert Markham

**Tickets:**

- The Orchestra website
- [tickets@charnwoodorchestra.org.uk](mailto:tickets@charnwoodorchestra.org.uk)
- Members of the Orchestra
- At the door, cash payments only

**£14.00** (£12.00 concessions)  
**£5.00** -18s and under or NUS members

[/charnwoodorchestra](https://www.facebook.com/charnwoodorchestra)  
[/charnwoodorch](https://www.facebook.com/charnwoodorch)



Next Concert: 29th June 2024 - please see website for details

[www.charnwoodorchestra.org.uk](http://www.charnwoodorchestra.org.uk)



## Further Upcoming Local Events

### **Prestwold Wildflower Walks... with Cake!**

**Saturday 17th February**

**Saturday 23rd March**

**Saturday 20th April**

Prestwold Church will be open once again on three Saturday afternoons in the months ahead to coincide with snowdrops, primroses and bluebells, all of which make a superb show in the beautiful setting there.

If you have not been before, the church itself is full of interest, especially with the monuments connected with owners of Prestwold Hall, so these are good opportunities to visit a very local church which is not usually unlocked.

It's a good place for a short walk as well - plus tea and cake!!

Char March

*Note: Char also recommends the Arts Society talks (see below).*

**WILDFLOWER WALKS**

HOT DRINKS AND CAKE  
WILL BE AVAILABLE FROM  
ST. ANDREW'S CHURCH  
BETWEEN 14.00 TO 16.00  
PRESTWOLD LANE, LE12 5SH

**SNOWDROPS  
SATURDAY  
17TH FEBRUARY**

**PRIMROSES  
SATURDAY  
23TH MARCH**

**BLUEBELLS  
SATURDAY  
20TH APRIL**

**Barrow and Wolds Group**  
HOLY TRINITY + ST. MARY + ST. ANDREW + ST. MARY

## **The Arts Society Charnwood**

Charnwood Arts Society meets on the 2nd Thursday of the month (Sept - June) at 7:15 for 7:45 pm at the Village Hall, 50a Main St, Woodhouse Eaves. Their interesting programme for 2024 includes:

### **8th February - What a Carry On! - Speaker: Tyler Butterworth**

From the son of Peter: the history and art of the Carry On films from within the family. The remarkable untold story of Carry On actor Peter Butterworth, and his wife, Britain's first female tv impressionist Janet Brown, best known for her impression of Mrs Thatcher. Using classic film and tv clips, personal mementos, photographs and family letters, Tyler reveals the private story behind his parents' public lives.

### **14th March - Mid 18th Century English Rococo Silver - Speaker: Ralph Hoyle**

Ralph brings with him the pieces he talks about for the audience to handle and examine, plus a comprehensive collection of images, with close ups of features of interest. The Huguenot influence on this most decorative period is discussed, where new silversmith techniques fused with new designs; together with methods of manufacture, interpreting the engraved heraldry of the items, and the social context.

Members of the Society get 10 lectures a year and the quarterly Arts Society magazine sent to their home. There is a discount scheme for those joining mid-year. Visitors are very welcome, at £10 per visit. The Society is keen to attract new members so the membership fee (currently £80 per year) can be reduced. For more information, go to: <http://www.tascharnwood.co.uk/>



## Getting IT On The Cheap - Part One

So you've just had a reminder from Microsoft that your subscription for MS Office 365 is about to be auto-renewed, another £60 sucked up by Microsoft. That makes 4 years of "auto" subscribing so far with no end in sight.

This is just so you can open and edit some presentations from a few years back. To paraphrase a famous royal personage:

**"Will no-one rid me of these troublesome apps?!"\***



There seems to be no relief from the need to keep paying Microsoft for full access to Word, Excel and PowerPoint files. Often this is just so we can share files amongst friends who keep sending email attachments that half of us can't do anything with!

This compatibility problem also occurs when replacing a computer, especially when moving platform such as from Windows to Mac. What if the only apps you can get are full-feature commercial versions that need a new licence every year? The licence conditions might be so expensive that you can't afford to use it!

One such app is **Microsoft Office 365**, including the Word, Excel and PowerPoint apps, where you need to pay for a licence each year. Without a licence all you can do is view the contents of your document or spreadsheet, you can't create new documents or make even tiny corrections.

What's worse is the way each licence is described in pages of legalese which seem to be deliberately intended to help you buy the wrong version!

\*Will no one rid me of this turbulent priest?, Henry II of England, 1170.

For example, there are more than **6 different Office 365 licences** and it is not clear what the differences are between "Home" and "Business". It seems that you're going to be paying for the use of Office 365 apps for ever?! Well **no actually**, there is a way of **fully working with such files**:

### Word, Excel and Powerpoint Files without Paying Microsoft

Take a look at "**LibreOffice**" for access to these types of files, enabling you to create, edit and share such files:

[https://www.libreoffice.org/download/download-libreoffice/?type=win-x86\\_64&version=7.6.4&lang=en-GB](https://www.libreoffice.org/download/download-libreoffice/?type=win-x86_64&version=7.6.4&lang=en-GB)

It takes just a few minutes to download and configure LibreOffice - **and it's completely free!** If you need any help with this, try giving our IT help desk a call.

Switching from Office 365 to LibreOffice is **just one example** where we can get IT facilities for little or no money.

A key aspect of doing this is the ability to **detect the file types** you're working with and then finding alternatives.

In **Part Two** of this short series, we'll look in more detail at the use of "**extensions**" and at the **File Types table\*\*** shown in partial form here on the right.

Until then, look out for other ways to **get IT on the cheap!**

File Type	Extension
Word document	.docx [.doc]
Excel spreadsheet	.xlsx [.xls] .csv
PowerPoint slides	.pptx [.ppt]
Web page	.html .htm
Photo, Image	.jpeg .jpg .png
Acrobat/PDF file	.pdf
Graphics files	.eps .ai .wmf
Video files	.mp4 .mov .avi
Audio files	.mp3 .wav
Text files	.txt
Email	.emlx .mbx
Open Document	.odt .ods .odp .odg
Desktop Publishing	.ind .pmd .sla

Peter Reid

\*\*If you want to find more file types, take a look at this website which has an extensive list: <https://fileinfo.com/filetypes/common>

## News from the National u3a



### Proposed Restructuring of the Third Age Trust Board

For details of the proposed alternative governance model of a smaller Board working alongside an elected 'Council', see <https://www.u3a.org.uk/members-area/trust-and-board-updates/fit-for-the-future>

### Walking Exchange

If you love walking and would like to share walks with other u3as in 2024, you may be interested in the u3a Walkers exchange. Find out more at <https://www.u3a.org.uk/learning/subjects/walking>

### u3a Eye for your Interesting Photos

There is a rolling photography project to encourage members to take and submit interesting pictures of their surroundings, with a different theme each month. This month's theme is 'Home Town Pride' and deadline for submission is **12 pm on 29th February**. Note only 1 photo per person per theme and photos should not include any people. 15 photos per month will be selected for publication on the u3a website. Go to: <https://www.u3a.org.uk/learning/national-programmes/u3a-eye> for more details.

### Free On-Line Events this Month include:

- **Mindfulness & Meditation Series:** 6 week course with John, Mike and Ruth of Sheffield u3a Mindful Ageing Group, starting Wed 7 Feb at 10 am.
- **David Hockney and the Theatre** with art historian Peter Webb, Fri 23 Feb at 2 pm.
- **Science Network Event, with talks on Pathogenics and Botany**, Tue 27 Feb at 9:30 am.

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>

### 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** (<https://www.u3a.org.uk/our-impact>) is about using our voice to make a difference and influence change, locally and nationally, beyond what we do in our u3as.

## Poetry Corner

### THE POWER OF THOUGHT

A thought flies - a fearful man dies.  
 A thought lusts - a family rusts.  
 A thought trashes - to sackcloth and ashes.  
 A thought withers - an action dithers.  
 A thought lapses - a mission collapses.  
 A thought trusts - an opinion adjusts.  
 A thought soars to champion a cause.  
 Thought directed brings knowledge connected.  
 Thought commands when it understands  
 The power of unconditional love.

Copyright Louie Carr

## Obituary Jackie Cornes

Sadly I have to report that Jackie passed peacefully away on December 27th after a brief illness but a long suffering.

Jackie and her husband Bob joined the u3a and the Photography Group at the beginning of 2023, although I had known them for several years as members also of the Sibley Photographic Society.

Our heartfelt condolences go to Bob and his family and friends.

Malcolm Coulton  
 Photography Group Leader

## 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 March issue of **News & Views** will be **Wednesday, 28th February (12 noon)**.



Please send your contributions to the Newsletter Editor at: [newsletter@charnwoodu3a.org.uk](mailto: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](mailto: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/>