

News & Views



INSIDE THIS ISSUE

Meet the Committee	1
AGM Report	2
Monthly Meetings	3
EDI	3
Group Leaders Meeting	3
Group News	4-5
A Bit of a Drama	4
Parish Walks	4
Opera Visits	4
Latin	4
Painting Group	5
Gardening Group Trip	5
Roving Reporters	6-7
Days of Interest	6
Raising Awareness	6
Travel: Lanzarote	7
Meetings Calendar	8
Hip Joints and Fishing	9
Local Events	10
Walking Festival	10
LU Lectures	10
Charnw'd Museum	10
Lunchtime Concert	10
Letters to the Editor	11
National u3a News	11
Items for Newsletter	12
Contact Info	12

Welcome

...to the April 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: The Woodland Trust



See page 3 for details.

Meet the New Committee 2024-25



Pam Upton
Chair



Debra Hardwick
Secretary



Pam Towers
Treasurer



Garry Rigby
*Vice Chair and
Membership Secretary*



Geetha Bala
Committee Member



Phil Bass
*System
Administrator*



Beverly Gillman
*Groups
Co-ordinator*



David Jefferson
*Committee
Member*



Margaret Kelvey
*New Members
Liaison*



Helen Reid
*Newsletter
Editor*



Sue Ronald
*Committee
Member*

Our Website

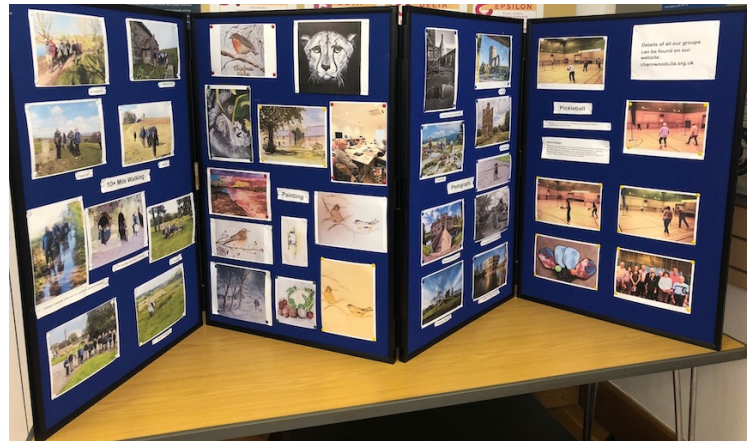
Check out our website at: www.charnwoodu3a.org.uk for lots of information about Charnwood u3a, including details of our meetings, trips, all our Groups and much more.

Committee contact information at: <https://www.charnwoodu3a.org.uk/Contact>

Annual General Meeting

First of all, a big THANK YOU to everybody who came to the AGM. I was more nervous than usual at a monthly meeting. That morning our membership stood at 1071 and we needed 10% of our members present. Would we be quorate? No problem – 133 of us were counted in - and no need to dust off my rusty old calculator!

You'll already have checked out the newly replenished Cu3a Committee on the first page. I'd like to welcome again our two new Committee members: David Jefferson and Pam Towers. Pam is our new Treasurer. Yes, another Pam, but a much more important one as she'll be managing our money! We still have one vacancy, and we can co-opt three more members, so do get in touch if you'd like to be involved in running our u3a, or if you'd just like to come and see what your Committee gets up to.



We had one motion (from the Committee), which was passed unanimously: That membership subscriptions be reinstated at £15 from 1st August 2024, with an additional £5 for those receiving News and Views by post. This subscription to remain in place (barring unforeseen circumstances) until 2027.

I explained that for the past two years we'd been able to operate on a reduced fee of £10, but unless we moved back to £15 we'd most likely have to draw on our reserves. Barring unforeseen circumstances, we'll keep this subscription for the next three years. I'm sure you'll agree it's still excellent value for money.

I know everybody will already have read my Chair's Report – if not, I can always send you a copy (cue smiley emoji), but I wanted to thank everybody who contributes to making Charnwood u3a the successful organisation that it is. Of course we wouldn't exist without our groups and it's wonderful to see new ones starting during the year. We're always on the lookout for new activities, so send all your suggestions to me or Bev, our Groups Coordinator.

One other thing I mentioned at the AGM was our new website. I asked, with some trepidation how many people had logged in and was delighted to see that small forest of hands! If you haven't already, please just search for charnwoodu3a.org.uk. It's still a work in progress, so I'd love to know what you think.



As a registered charity, we have to hold an AGM. It is really important, but (let's face it) it isn't the most entertaining of events. But after the necessary business, we tried something different: instead of an outside speaker, we invited group leaders to 'do a turn'. And it turned out to be a great afternoon, with presentations on stage from four of our groups, along with a display of group photos, posters and artwork in the foyer (some of these pictured above and left).

Thanks again to everyone who contributed. And special thanks to the members who gave presentations: Penny Bryce (Architecture Appreciation), Sue Young (Local History), Ian Proctor-Blain (Classical Music Enjoyment) and Anthony Gimpel (Laughter Club) (pictured right). I was still giggling when I went home!

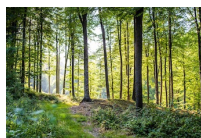
Pam
chair@charnwoodu3a.org.uk



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

Our Next Meeting Wednesday 10th April



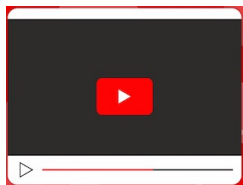
The Woodland Trust - Speaker: Ian Retson



Ian Retson of the **Woodland Trust** will speak about the aims and activities of that organisation to care for our precious woodland. Ian is very familiar with our local woods, having surveyed and recorded significant trees in Budden Wood, Quorn and the National Forest. He will consider the threats, both natural and man-made, to the survival of this vital amenity.

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 **May** meeting, **John Constantine**, a professional magician, will give an entertaining talk on magic, which will include one or two routines for additional entertainment value.

Information on monthly meetings from June onwards can be found on the **Monthly Meetings** page under the 'Events' menu on our website, as well as in future issues of *News & Views*.

Equality, Diversity and Inclusion (EDI)

At the EDI team meeting on 11th March at Gorse Covert, it was agreed that:



- the Accessibility Audit and Potential Venues list are both virtually complete and will be circulated to Group Leaders for checking
- the Groups Coordinator needs to be informed of any changes to group information; any changes to forwarding emails go to the System Administrator.
- Risk Assessments are needed and should be discussed at the Group Leaders' meeting
- we need more lively pictures for a new leaflet to attract newly-retired members

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

Group Leaders Meeting, Monday 22 April

The next Group Leaders' meeting will be held at **Emmanuel Church on Monday 22nd April, from 12 noon to 3 pm**. There will be discussions either side of a buffet lunch which will be provided free of charge at 1 pm.

Group Leaders should already be aware of this, having received an invitation to the meeting from our Groups Coordinator, Bev Gillman, who also invited any items for the Agenda. Bev will be contacting you again in April asking for your commitment to attend, as numbers are needed for catering purposes. Please ensure you email groupscoordinator@charnwoodu3a.org.uk to let her know if you will be attending or not and if you want to suggest any topics for discussion.



Group News

A Bit of a Drama

Several people have expressed a wish to perhaps start some sort of drama group in u3a, so I said I'd give it a go.

For those that don't know me, let me introduce myself. My name is Graham North and I've spent most of my adult life treading the am-dram boards in Loughborough, Leicester, Melton and London in straight drama, musical theatre and pantomime. I also write and direct.

What form the group may take will be entirely up to its membership. It could start with play-reading, a bit of movement and character study, eventually (if people want to) moving to rehearsal and performance. But I stress it would be up to the membership of the group to steer its progress.

It doesn't matter whether you're a seasoned thespian or a complete beginner, if you'd like to have a go, please email me at Northstar2@tiscali.co.uk
If there's enough interest we'll start a new group and maybe even perform a few things.

Graham North



Parish Walks

We had a nice turnout for our first 2024 Parish walk. Elizabeth's 4 mile route was from Sutton Bonington playing fields, then down Soar Lane and along the river towards Zouch, before returning to our cars.

If you wish to join this group please contact Mike Hill.
ParishWalking@charnwoodu3a.org.uk



Opera Visits

Are you interested in going to the opera but don't want to go out alone at night? This new group offers a safe evening; when you select your preferred performances and prepay your tickets, then your travel will be arranged, at low cost. Good companionship guaranteed!
Contact: rufuseprince@yahoo.com

This month, the group's visits are:
Wed 10th April: **Carmen**.
2 places available
Thu 11th April: **Madame Butterfly**.
3 places available

Both at De Montfort Hall, Leicester, with £3 car contribution. Concessionary ticket prices range from £25.50 to £40.50 with a 20% discount if you book both operas. For further details, go to:
<https://www.demontforthall.co.uk/opera/>



Diana Harvey

Latin

The Latin group needs some new members! They meet on the first Monday of the month at Emmanuel Church 10:00 -12:00. Cost £3. Ask any questions. Suggest your reading preferences. No examination!

If you are interested in joining this group, please email Latin@charnwoodu3a.org.uk

Diana Harvey

More Group News



Painting Group

Our group have recently painted some gorgeous flower paintings, some of which are shown here.

We have a Facebook page and online gallery and also a WhatsApp group. This means that anyone who wishes to join our group but has commitments and cannot make the monthly meetings can still take part online. For more information please email painting@charnwoodu3a.org.uk

Angela Cantrill



Gardening Group

Visit to Dorothy Clive Gardens & Bridgemere Show Gardens, 20 May

Places open to all Cu3a members - closing date for applications 7 May

DOROTHY CLIVE GARDENS are situated on the Staffordshire/Shropshire/Cheshire borders, with 12 acres of formal and informal gardens, and a spectacular greenhouse built in 2016. There are also tea rooms, and a gift shop. There will be a guided tour with a member of staff. (Due to numbers, there will be two tours).

In the early afternoon, we shall move on to **BRIDGEMERE SHOW GARDENS AND GARDEN CENTRE**. Bridgemere is a short distance away from Dorothy Clive. It is one of Britain's largest Garden Centres and receives around 1.8 million annual visitors. The Garden Centre sells over 3,000 plant varieties, a simply huge range of top-quality plants and gardening products. It is a real destination for gardeners. Details:

Timings for the trip: Depart Tesco car park, Park Road 9.15. Arrive Dorothy Clive about 10.30.

First tour 11.00, 2nd tour 12.00. (*Tours should take about 45 minutes*).

Depart Dorothy Clive 1.30, arrive Bridgemere 1.45. Depart Bridgemere 3.45pm.

Cost of the trip: £37.50 + 30p cheque charge; RHS Members £31.50 + 30p cheque charge

For those with limited mobility, please be aware the Dorothy Clive garden is situated on a hillside. Car parks are gravel, as are some paths. Manual wheelchairs are available for use. Please ensure the trip organiser knows well in advance that a wheelchair is required. A mobility scooter may be available, but please ensure you ask about this BEFORE booking the trip.

If you are interested in going on this trip, please email Hazel at allotden@icloud.com

Roving Reporters

Days of Interest Group: Lunch at Longcliffe Golf Club and Trip to West Midlands Safari Park

The group has had a busy March. We started off our events for the year with our, now annual, trip to Longcliffe Golf Club to have a meal together. It was a most enjoyable lunch, meeting friends we had not seen for a few months and we were, as usual, well looked after by the catering team at the Golf club.



Later in March we had our first coach trip of the year. We started the trip off in dry and cool weather, but most of our journey to the Park was taken in heavy rain. However the rain gods were with us, and with the exception of about thirty seconds of hail, our time at the park was dry and bright. Firstly our coach took us on the Safari trail, which lasted about one and a half hours. Unfortunately the Park was unable to provide us with a ranger, so we had a more “do it yourself” commentary – which was not at all informative, but did lead to a fairly entertaining game of match the animal to the list we had. We also had quite an animated discussion about what is the name for a two humped camel. Our apologies for the lack of a guide and thank you for your patience.

Highlights of the trip through the park included seeing zebra being hand fed from car windows (*as pictured above*), with their heads almost disappearing into the cars, and being held up by two ostriches (*pictured right*) who refused to leave the road, but couldn't go forward because of a cattle (ostrich?) grid. We were rescued by a ranger.



After the coach trip through the park we had time to see some smaller animals who were in enclosures. These included the ever fascinating Meerkats, bats, reptiles and creepy crawlies. You could also take a short stroll to look over the park trail and spot some of the larger animals we had seen earlier in the day.

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 on 01509 552834 or 07455 167929 for details.

Raising Awareness – and wearing the sashes!

Helen Whittaker and Penny Bryce were waving the flag for Charnwood u3a at a recent open day for members of the Gorse Covert Community Centre in Loughborough.

Helen and Penny are joint leaders of the Architecture Appreciation group which meets there on the fourth Thursday of each month, along with several other u3a groups, and were delighted to be invited to take part in the event.

The Gorse Covert Open Day was an excellent opportunity to showcase the diverse range of services, activities, and events that the centre has to offer, and gave us a chance to promote our group, as well as to talk to visitors about Charnwood u3a in general.

The event was well attended and we were able to chat to many people and hand out a good number of fliers. It was interesting to find out how many people were aware of the organisation but didn't really know what we are all about. Hopefully after spreading the word, we will find ourselves dealing with inquiries and maybe even welcoming some new members!



Helen (left) and Penny at the Gorse Covert Open Day on 2nd March

Roving Reporters Continued...

Travel Group Holiday to Lanzarote, February 2024

Whilst nearly all of Cu3a were hunting for their wellies and waders, seventeen members of the Travel Group were happily escaping the floods and flying off to the Canaries in search of some dry soil and sunshine!

The coastal town of Costa Teguisé was their destination on Lanzarote, the easternmost of the Canary Islands, 125 km off the north coast of Africa. The island, formed following volcanic eruptions 15 million years ago, was first inhabited by the Majos tribe in 1000BC, and then discovered in 1312 by an Italian navigator Lancelotto Malocello, who named the island after himself.



The greatest recorded eruptions occurred between 1730 and 1736, destroying a quarter of the island and leaving a thick layer of rich and fertile soil, which created a boon for farmers. However, by the 1970s, the once thriving agricultural industry had fallen into decline to be replaced with mass tourism.



The chosen hotel (*left*) was centrally placed in Costa Teguisé, within easy reach of bars, restaurants, cafes and the beach. After getting their bearings, many of the group took a short stroll along the world's longest promenade, which stretches from Costa Teguisé to Puerto del Carmen..... unsurprisingly, they did not complete all of its 26km length! On Sunday, the group decided to visit Teguisé Market, the largest market on Lanzarote, looking for bargains amongst the numerous stalls selling local art, crafts and food.

Another popular tourist attraction is a fantastic tour of Timanfaya National Park, exposing the devastating effects of the six year volcanic eruptions in the 18th century, and giving the impression of exploring the landscape of Mars. There are more than 300 volcanic cones on Lanzarote and, in the Timanfaya National Park alone, there are 25 volcanoes. With one still active, and with spectacular geysers, the tour allowed all to feel the heat of volcanic activity first hand.



Next to the park is the Echadero de los Camellos, where many of the more adventurous members enjoyed the 25 minute ride on a camel (*as shown in the picture on the left*), giving them a different experience of volcanic landscapes.

The weather on Lanzarote is renowned for being windy, however during the visit, although it was warm with occasional showers, the force of the wind was stronger than normal. Luckily all survived and returned home to Loughborough refreshed, where once again we experienced even more rain and cold.



April 2024 Meetings Calendar

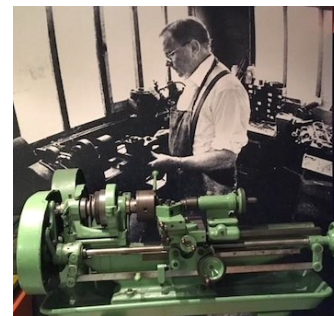
MON	TUE	WED	THU	FRI
<p>1 Apr</p> <p>09.30 Yoga</p> <p>10.00 Craft+Self Help</p> <p>14.00 Chess</p>	<p>2 Apr</p> <p>10.00 10+ Walks</p> <p>10.00 Spanish</p> <p>11.00 Table Tennis 2</p> <p>12.00 Pilates 4</p> <p>14.00 Canasta 1</p> <p>14.00 Canasta1Quorn</p> <p>14.00 Sing4Pleasure</p>	<p>3 Apr</p> <p>09.30 Golf</p> <p>10.00 Classical Greek</p> <p>10.00 German</p> <p>10.00 JigsawBookEx</p> <p>10.00 Mini Tennis</p> <p>10.00 Scottish Dance</p> <p>10.30 Papercraft</p> <p>11.00 Laughter Club</p> <p>11.00 Table Tennis 3</p> <p>13.30 Scrabble 2</p> <p>14.00 Cribbage 2</p> <p>14.00 French Improve</p> <p>14.00 Reading Group</p> <p>14.00 Sustain Planet</p>	<p>4 Apr</p> <p>10.00 Parish Walks</p> <p>10.00 Sci & Tech</p> <p>10.00 Spanish Conv</p> <p>11.00 Table Tennis 4</p> <p>14.00 Bowls Indoor</p> <p>14.00 French Conv</p> <p>19.00 Canasta 3</p>	<p>5 Apr</p> <p>09.00 Badminton</p> <p>10.00 German: RTC</p> <p>10.00 Knit & Natter</p> <p>10.00 Line Dance</p> <p>10.00 Mah Jong</p> <p>10.00 Table Tennis 7</p> <p>10.30 Photography</p> <p>10.30 Tai Chi</p> <p>11.00 Table Tennis 5</p> <p>12.00 Lunch Club</p> <p>12.00 Table Tennis 6</p> <p>13.30 Pilates 1</p>
<p>8 Apr</p> <p>09.30 Yoga</p> <p>10.00 Craft+Self Help</p> <p>10.00 Latin</p> <p>10.00 Poetry 1</p> <p>11.00 Table Tennis 1</p> <p>14.00 Archaeology</p> <p>14.00 Digital Imaging</p> <p>14.00 Quiz group</p> <p>15.00 Current Affairs</p>	<p>9 Apr</p> <p>09.30 Pilates 2</p> <p>10.00 Scrabble 3</p> <p>10.45 Pilates 3</p> <p>11.00 Table Tennis 2</p> <p>12.00 Pilates 4</p> <p>14.00 Canasta 1</p> <p>14.00 Eng Parish Ch</p> <p>15.30 Pickleball</p>	<p>10 Apr</p> <p>09.30 Golf</p> <p>10.00 Committee</p> <p>10.00 Mini Tennis</p> <p>11.00 Table Tennis 3</p> <p>14.30 Monthly Meet</p> <p>19.00 Canasta2Quorn</p>	<p>11 Apr</p> <p>10.00 Thurs 6 Milers</p> <p>11.00 Table Tennis 4</p> <p>14.00 Bowls Outdoor</p>	<p>12 Apr</p> <p>09.00 Badminton</p> <p>10.00 Classical Civ</p> <p>10.00 Line Dance</p> <p>10.00 Mah Jong</p> <p>10.00 Needlecraft 1</p> <p>10.00 Scrabble 1</p> <p>10.00 Table Tennis 7</p> <p>10.30 Tai Chi</p> <p>11.00 Table Tennis 5</p> <p>12.00 Table Tennis 6</p> <p>13.30 Pilates 1</p>
<p>15 Apr</p> <p>09.30 Yoga</p> <p>10.00 Craft+Self Help</p> <p>11.00 Table Tennis 1</p> <p>13.30 Canasta 2</p> <p>14.00 Chess</p> <p>14.00 Gardening</p> <p>14.00 Painting</p>	<p>16 Apr</p> <p>09.30 Pilates 2</p> <p>10.00 6+ Walks</p> <p>10.00 Recorder Group</p> <p>10.00 Spanish</p> <p>10.45 Pilates 3</p> <p>11.00 Table Tennis 2</p> <p>12.00 Pilates 4</p> <p>14.00 Canasta 1</p> <p>14.00 Sing4Pleasure</p> <p>15.30 Pickleball</p>	<p>17 Apr</p> <p>09.30 Golf</p> <p>10.00 German</p> <p>10.00 Mini Tennis</p> <p>10.00 Poetry 2</p> <p>10.00 Scottish Dance</p> <p>11.00 Table Tennis 3</p> <p>13.30 Scrabble 2</p> <p>14.00 Cribbage 2</p> <p>14.00 Family History</p> <p>14.00 French Improve</p> <p>14.00 Italian Conv</p>	<p>18 Apr</p> <p>09.45 CC Walks</p> <p>11.00 Table Tennis 4</p> <p>14.00 Bowls Outdoor</p> <p>14.00 French Conv</p> <p>14.15 Scrabble 4</p> <p>18.30 Supper Club 2</p>	<p>19 Apr</p> <p>09.00 Badminton</p> <p>10.00 German: RTC</p> <p>10.00 Line Dance</p> <p>10.00 Mah Jong</p> <p>10.00 Table Tennis 7</p> <p>10.30 Photography</p> <p>10.30 Tai Chi</p> <p>11.00 Table Tennis 5</p> <p>12.00 Table Tennis 6</p> <p>13.30 Pilates 1</p> <p>14.00 Art Apprec'n</p> <p>15.00 Mac Users</p>
<p>22 Apr</p> <p>09.30 Yoga</p> <p>10.00 Craft+Self Help</p> <p>11.00 Table Tennis 1</p> <p>12.00 Group Leaders</p> <p>14.00 Local History</p>	<p>23 Apr</p> <p>09.30 Pilates 2</p> <p>10.00 ETHEL</p> <p>10.45 Pilates 3</p> <p>11.00 Table Tennis 2</p> <p>12.00 Pilates 4</p> <p>14.00 Canasta 1</p> <p>14.00 Cribbage 1</p> <p>14.00 Philosophy 1</p> <p>15.30 Pickleball</p>	<p>24 Apr</p> <p>09.30 Golf</p> <p>10.00 History</p> <p>10.00 Mini Tennis</p> <p>10.00 Scottish Dance</p> <p>10.00 Stitch & Sew</p> <p>11.00 Table Tennis 3</p> <p>14.00 Classical Music</p> <p>18.30 Supper Club 1</p>	<p>25 Apr</p> <p>10.00 Philosophy 2</p> <p>10.00 Thurs 6 Milers</p> <p>11.00 Table Tennis 4</p> <p>14.00 Architecture</p> <p>14.00 Bowls Outdoor</p>	<p>26 Apr</p> <p>09.00 Badminton</p> <p>10.00 Line Dance</p> <p>10.00 Mah Jong</p> <p>10.00 Scrabble 1</p> <p>10.00 Table Tennis 7</p> <p>10.30 Tai Chi</p> <p>11.00 Table Tennis 5</p> <p>12.00 Table Tennis 6</p> <p>13.30 Pilates 1</p>
<p>29 Apr</p> <p>09.30 Yoga</p> <p>10.00 Craft+Self Help</p> <p>11.00 Table Tennis 1</p> <p>13.30 Canasta 2</p> <p>14.00 Chess</p>	<p>30 Apr</p> <p>09.30 Pilates 2</p> <p>10.45 Pilates 3</p> <p>11.00 Table Tennis 2</p> <p>12.00 Pilates 4</p> <p>14.00 Canasta 1</p> <p>15.30 Pickleball</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: newsletter@charnwoodu3a.org.uk</p>		

PLUS at Weekends: Days of Interest trip to Haddon Hall and Bakewell (20th April); Sunday Lunch Club (14th April)

Hip Joints and Cod Fishing – What's the Connection?

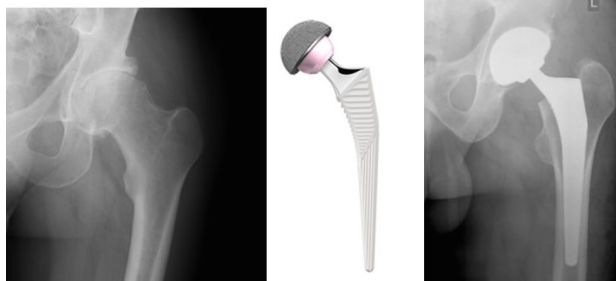
What on earth have artificial hip joints got to do with highly successful cod fishing?! Well, when I was Writer-in-Residence at Thackray Medical Museum in Leeds, I worked with a group of retired engineers who helped design and produce the first artificial hip joints. So, let me explain the background...

Charles Thackray was born in Leeds in 1877. He ran a pharmacy, 'Chas F Thackray Ltd' at 43 Great George Street – right next to Leeds General Infirmary – where he made medical and surgical equipment to make operations easier. Charles' business grew quickly. He was soon supplying hospitals across the UK where operations were becoming more advanced and more successful. His business went from strength to strength with his son and grandson taking over and adding more and more 'strings to their bow'. Some of the engineers I worked with had travelled all over the world – one week making medical instruments, the next packing up a convoy of lorries with everything a hospital could possibly want, and driving them to (say) Malawi, or Afghanistan – to then stay out there for months while they equipped the whole hospital and made sure all the equipment was working well!



John Charnley – a very dedicated surgeon – had spent years trying to perfect his idea for an artificial hip and needed help to make this happen. In 1947 he asked Thackray's to make his prosthetic hip.

At first Thackray's just made the stainless steel stems for the hip replacements, while John made the sockets himself. He shaped them on a lathe in his workshop at home (*pictured above*)! Later, under close supervision, the engineers I worked with at Thackray's started to make them. The engineers told me John was constantly in and out of their workshops at Thackray's – slightly changing the design and angle of the stem; demanding even more careful polishing of the stainless steel ball sockets. Everything had to be made to less than one micron of deviation from the design. A micron is one-thousandth of a millimetre! (The width of a human hair is 70microns.)



A modern hip joint

spun asymmetrically on the fishing line as it went down and down to where the cod were, and its highly polished ball flashed and wobbled, making it perfect for attracting the cod! All the engineers quickly raided the reject bucket in the workshop and told me they'd never had such fabulous catches of cod until they started using the hip joints as their 'hip, line and sinker'. (*See my poem - written for the engineers I worked with - on the right.*)

As time went on, Thackray's contributed their own design suggestions to John Charnley, and this continual exchange of ideas was a significant factor in the advance of the hip operation. Sir John (knighted in 1977) worked very closely with Thackray's Ltd, making, redesigning and redeveloping new hip replacements until his death in 1982. The work done by John and Thackray's Ltd has helped hundreds of thousands of people all over the world.... including quite a few in the u3a!

I highly recommend a visit to the Thackray Medical Museum (next to Jimmie's Teaching Hospital) when you're next in Leeds. It's a fascinating place with displays on almost every aspect of medicine and surgery through the ages. <https://thackraymuseum.co.uk/>

Char March

So, with this need for extreme accuracy, there were a lot of reject hip joints with wonderfully polished ball sockets that glittered and gleamed in the reject bucket. The engineers had set up their own deep-sea fishing club to get them out of the enclosed, fume-filled, and oily workshops and into the very fresh air of the North Sea. And one of them struck on the idea of drilling multiple holes in the stem of one of the reject hip joints and attaching fish hooks to it. It was its own sinker because it was so heavy, and its own lure too because the hip joint

Hook, line and hip joint

One micron out, and their destiny changes – never to be clothed in the warm pulse of human flesh; never to bond with bone; to climb the stairs with an 80-year-old; to let a motorcyclist ride again; to become a bleep at the airport scanner.

One micron out, and they're fish-bait. On works' days out, we lower them – drilled with six hooks – onto wrecks where goggle-eyed cod snatch at their super-polished glow, suck – expecting tender mackerel – swallow instead Thackray's seconds.

by Char March

Upcoming Local Events

National Forest Walking Festival

This festival offers a choice of over 90 walks ranging from 1 mile to 18 miles and is accessible to all abilities.

The 40-page brochure - giving full details of all the walks - is available to download from the National Forest website at:

<https://www.nationalforest.org/visit/national-forest-walking-festival>

Printed copies of the brochure are also available from tourist outlets.

Loughborough University Inaugural Public Lectures

**Wed 10th April, 5 pm, EHB 110
Edward Herbert Building**

How will microbes and electrons help us to achieve a circular economy? – Professor Eileen Yu, Chemical Eng.

Drugs, pollution and (avoiding) explosions: combining chemistry and technology to solve problems – Professor Steven Christie, Chemistry

Free, but booking required:

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

For other Loughborough University events, see:
<https://www.lboro.ac.uk/news-events/events/>

Friends of Charnwood Museum

**Wednesday 17th April, 7:30 pm
Belvoir Angels by Bob Trubshaw**

A common motif on Charnwood slate gravestones from the early 17C is now known as a 'Belvoir angel', a misleading name invented in the 1970s. Bob Trubshaw sheds light on the original meaning.

Cost: Members £2. Non-members £4.

Doors will be open from 7.00 pm for a 7.30 pm start, please use the evening entrance on Granby Street.

All Welcome - Booking essential. See:

<https://www.charnwoodmuseum.co.uk/events>



**THE NATIONAL FOREST
WALKING FESTIVAL**
18th-30th May 2024

Walks for all abilities, highlighting
the heritage of the National Forest

www.thenationalforestwalkingfestival.org.uk


THE NATIONAL
FOREST

Emmanuel Lunchtime Concert

**Thursday 18th April, 12:45 pm - 1:30 pm
Music for two pianos**

Elizabeth Paling and Jeremy Kimber will be performing music for two pianos, including an arrangement of Beethoven's 3rd Piano Concerto, plus music by Bach and Peter Warlock.

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>

Discover Charnwood has other local events at:

<https://www.discovercharnwood.co.uk/events>

Letters to the Editor

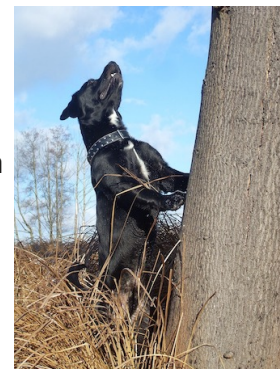
Following the article in last month's issue about 'Getting IT on the cheap', **Brian Waters** writes:

I read Peter's piece with interest. I have recently swapped Adobe Reader for the free version of **Foxit** on Windows (<https://www.foxit.com/pdf-reader/>) and have been trying it out. It is simpler just to read pdfs. If I want to do anything more complicated, I have two other programs which are not free but more versatile and were cheaper than Adobe.

[Editor: Note that the free Preview app on the Mac provides these features].

And **Anthony Gimpel** makes the following interesting observation:

Our English language is marvellous. I'm a volunteer with Loughborough Town of Sanctuary, helping refugees to be more confident in English. Here's a simple question which came up last week. "Can dogs climb trees?" And the answer came: "I think dogs can't climb trees." Very good. But it's more usual to say: "I don't think dogs can climb trees." The first response is clearly logical and intelligible. It's true that you think and it's true that dogs can't climb trees. But it's not really what we'd say in English, even though the second response is clearly illogical. It's not true that you don't think and it's not true that dogs can climb trees.



News from the National u3a



Launch of Friends Extra

As well as the new-look magazine entitled '**u3a Matters**' launched in April, this month also sees the launch of **Friends Extra** - a wide range of benefits and offers exclusively for members of the Friends newsletter community. Sign up to the newsletter (see below) to access these benefits.

Free On-Line Events this Month:

Quite a few interesting-looking Zoom sessions this month, including:

- **An Introduction to AI Chatbots**, with Barry Claydon, u3a AI Subject Adviser, Thu 4 Apr at 3:30 pm.
- **From Pleasure Gardens to Theme Parks** with Moira MacQuade, Guildford u3a, Fri 5 Apr at 2 pm.
- **Electing the President in 2024 - an Update** with Paul Carter, u3a Subject Adviser for UK and US Politics, Tue 9 Apr at 2 pm.
- **Live Cookery Demonstration - spring recipes** with vegetarian chef Alex, Thu 11 & 18 Apr at 10 am.
- **Bollywood Laughter Yoga Dance** with Judith Walker and Merrie Maggie, Mon 15 Apr at 10 am.
- **Living with purpose: The key to happiness, longevity and global change** with George Lee, Newcastle Centre for Innovation on Ageing, Tue 16 Apr at 2 pm.
- **The Climate Crisis - and some solutions** with Brenda Ainsley, Cotgrave u3a, Fri 19 Apr at 10 am.
- **Secrets of the Human Brain: blood-brain barrier** with Dr Bob Pullen, Prudhoe u3a, Wed 24 Apr, 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>

National u3a Friends Newsletter and More:

To register to receive the National u3a newsletter - now called u3a Friends - 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.

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 **May** issue of **News & Views** will be **Monday, 29th April (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 email links for 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/>

