

## News & Views



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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 March 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: AGM & Groups Showcase



See page 2 for details.

## View from the Chair



Hello Everybody and Happy St David's Day to all our Welsh members!

Water, water everywhere! Is this why we call people 'Duck' in the East Midlands? Wales is traditionally reckoned to be the wettest country in the UK, but Leicestershire surely can't be far behind in the sogginess statistics. I'm thinking of getting my car customized with paddles and water wings, so I can exit the village without fear of drowning.

I'll need to dry out soon, because the AGM is almost upon us and we certainly haven't been inundated (neat segue if I say it myself!) with nominations for Committee. It's not too late to join the team of lovely Trustees who keep things ticking over for Charnwood u3a - or nudge someone else into standing. You'll have received the nomination form. Just get it filled in and sent to Debra, our Secretary: [secretary@charnwoodu3a.org.uk](mailto:secretary@charnwoodu3a.org.uk) by March 6th.

And please do your best to come to the AGM (Wednesday March 13th, 2.30, Emmanuel Church), not least to ensure that we're quorate. If you can't come, you can register your vote on the voting form. Better still, you could organise a proxy to come along in your place. This is a new thing, and it's a bit of a faff filling in the form, but if you can find a fellow member to come in your place, they'll not only vote for you, but you'll be counted in the attendance figures.

The Committee decided this year that instead of having the usual speaker presentation, we'd invite groups to showcase their activities. So there'll be lots of fun with presentations from some of our groups, alongside displays in the Emmanuel foyer. Easter is early this year - and even earlier for Cu3a - so if you need any further enticement, there'll be hot cross buns at break time!

If this weather continues, I could arrive wearing a dryrobe. Apparently this oversized coat with a towelling interior helps wild swimmers both to get dry and to preserve their modesty while getting changed on the beach or river bank. Apparently it's the latest fashion for non-swimmers as well. You can get them in all colours, but I have in mind the camouflage number with hot-pink fluffy lining.

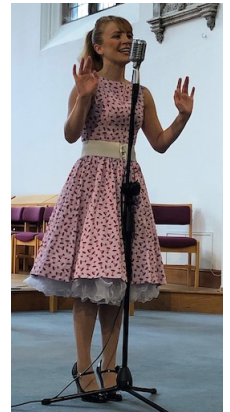
I can hear you all praying for fine weather!

All the best  
Pam  
[chair@charnwoodu3a.org.uk](mailto: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](mailto:chair@charnwoodu3a.org.uk)

Last month we were transported back to our youth, as Holly Reynolds (*right*) treated us to a special Valentine's Day celebration of love songs from the 50s and 60s. Holly's fabulous singing voice and bubbly personality - as well as her perfect vintage dress and spot-on backing music - made for brilliant entertainment. We all enjoyed singing along to many old favourites and learnt something of the history of these 'golden era' songs along the way.



## Our Next Meeting Wednesday 13th March AGM plus Groups Showcase

You will already have received official **Notice of the 2024 Annual General meeting of Charnwood u3a**, along with the papers for the meeting. Please note the deadline of **March 6th** for return to the Secretary of completed Committee Nomination Forms, Voting Form (if you are unable to attend) and Proxy Form (if you are unable to attend and wish another member to attend and vote in your place).

As well as the AGM itself, the meeting will include a few short presentations in the church and displays in the foyer showcasing some of our groups' activities:

- Laughter Yoga session (with the Laughter Club group leader)
- Photo Quiz on places in Loughborough (from a member of Local History)
- Classical music from the Classical Music Appreciation group
- Display boards showing photos of various groups enjoying their activities
- Display of original artwork by the Painting group



We hope you'll come along and join us for what should be a very interesting afternoon.

### 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. *Please note: there will be no on-line voting at the AGM.*

### Looking Ahead:

For our **April** meeting, **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.

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

More information will appear on the **Monthly Meetings** page under the 'Events' menu on our website, as well as in future issues of *News & Views*.

## Group News

### *Come and explore the world of architecture*

The **Architecture Appreciation** group is going from strength to strength. We're very pleased to have welcomed a number of new members over the last few months, but there is always room for more!

Our programme is very varied – so far this year we have had a thought provoking talk about buildings with a message, looking in particular at the Holocaust Museum in Berlin and the Imperial War Museum in Salford, both designed by Daniel Libeskind, and a lively presentation on the history of industrial model villages such as New Lanark, Port Sunlight and Saltaire - were they ideal communities?

Coming up in March is a group meeting, where members will share their research on places of entertainment around the world, including theatres, cinemas and concert halls. In April, we will be learning about the history and architecture of the Secular Hall in Leicester (*pictured right*) from Ned Newitt, chair of the Leicester Secular Society. And later on in the year, among other subjects, we will be investigating the history of female architects, hearing about the influence of the Romans on the English country house, and taking a look at the Arts and Crafts movement.

So if this piques your interest and you'd like to learn more or to book your complimentary visit, please get in touch with Helen Whittaker or Penny Bryce at [ArchitectureAppreciation@charnwoodu3a.org.uk](mailto:ArchitectureAppreciation@charnwoodu3a.org.uk) We meet on the 4th Thursday of the month, from 2 - 4 pm, at Gorse Covert Community Centre, Loughborough.



*Leicester Secular Hall, Kris1973, CC BY-SA 4.0 via Wikimedia Commons*

Alternatively, pop into Gorse Covert between **12 and 3 pm on Saturday 2 March**, when we will be at their Open Day (*see page 7*). We look forward to meeting you.

### *Parish Walks*

This group will soon be offering walks on the first Thursday of the month (starting 7th March). These will be approximately 3 miles in length at a leisurely pace around our local area.

If you would like to join please contact Mike Hill on [ParishWalking@charnwoodu3a.org.uk](mailto:ParishWalking@charnwoodu3a.org.uk)



### *Bowls Group Moves Outdoors*

Following the session on 4th April the Indoor Bowls Group will take a break.

From Thursday 11th April the Outdoor Bowls Group will start again and run through the Summer months.

The Group will meet on a Thursday at 2 o'clock for a two hour session at the Brush Bowls Club green on Watermead Lane (off Nanpantan Road).

New members will be very welcome to come along and join us for a fun afternoon of gentle exercise with tuition and guidance provided. No previous experience is necessary and coaching will be available.

Please contact Dave Saunders on 07767 672341 or email [BowlsOutdoor@charnwoodu3a.org.uk](mailto:BowlsOutdoor@charnwoodu3a.org.uk) for further information.

If any u3a member has or knows of bowls that they no longer need and would like to lend or donate them to the Group, please let Dave know using the same contact details.





MON	TUE	WED	THU	FRI
<p><b>March 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><b>1 Mar</b>            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><b>4 Mar</b>            09.30 Yoga            10.00 Latin            11.00 Table Tennis 1            13.30 Canasta 2            14.00 Chess            15.00 Current Affairs</p>	<p><b>5 Mar</b>            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><b>6 Mar</b>            09.30 Golf            10.00 Classical Greek            10.00 German            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><b>7 Mar</b>            10.00 Parish Walks            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><b>8 Mar</b>            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><b>11 Mar</b>            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 EDI meeting            14.00 Quiz group</p>	<p><b>12 Mar</b>            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><b>13 Mar</b>            09.30 Golf            10.00 Committee            10.00 JigsawBookEx            10.00 Mini Tennis            11.00 Table Tennis 3            14.30 Monthly Meet            19.00 Canasta2Quorn</p>	<p><b>14 Mar</b>            10.00 Thurs 6 Milers            11.00 Table Tennis 4            14.00 Bowls Indoor</p>	<p><b>15 Mar</b>            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><b>18 Mar</b>            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><b>19 Mar</b>            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 Sing4Pleasure            15.30 Pickleball</p>	<p><b>20 Mar</b>            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><b>21 Mar</b>            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><b>22 Mar</b>            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><b>25 Mar</b>            09.30 Yoga            11.00 Table Tennis 1            14.00 Local History</p>	<p><b>26 Mar</b>            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><b>27 Mar</b>            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            14.00 Travel Group            18.30 Supper Club 1</p>	<p><b>28 Mar</b>            10.00 Philosophy 2            10.00 Thurs 6 Milers            11.00 Table Tennis 4            14.00 Architecture            14.00 Bowls Indoor</p>	<p><b>29 Mar</b>            09.00 Badminton            10.00 Line Dance            10.00 Mah Jong            10.00 Table Tennis 7</p>

**PLUS at Weekends:** Days of Interest: lunch (2nd Mar) and trip to West Mids Safari Park (23rd Mar); Sunday Lunch Club (10th Mar)

## Incredible Edible Want Your Surplus Seedlings

Incredible Edible Loughborough is going into the new growing season on top form. Our 7 gardens have had either new compost or a mulch of well rotted horse manure, new raised beds have been installed and we have received a generous grant from the Chesterton House Group to upgrade our garden on Cambridge Street. All we need now are the seedlings in time for spring planting.

**This is where you come in, all you keen GROWERS out there.**

We know you always sow more seeds and propagate more seedlings than you need. Don't throw those excess seedlings away, donate them to Incredible Edible Loughborough. We can pick them up from you and guarantee to get your pots and trays back to you and they will be planted up in one of our gardens for local communities to enjoy the fresh, healthy food they produce.

Please help us make our town a greener, friendlier and kinder place.

To volunteer to be an **INCREDIBLE GROWER** please contact us on email: [ediblelboro@gmail.com](mailto:ediblelboro@gmail.com)



## School Appeal Panel Member Wanted

The School Appeal Panel is a panel to consider appeals by parents/carers who have been refused a place for their child at their preferred school. Leicestershire County Council are looking for volunteers to sit on the panel to consider the information provided by the Admission Authority about why a school place has been refused and to ensure that parents/carers feel they have had a fair and independent hearing and have been given every opportunity to present their case. The panel needs to carefully balance the arguments with advice from a qualified legal advisor to make a decision on the appeal.

Would you be interested in volunteering?

All panel members are trained before sitting on a panel and this is refreshed annually. The peak months are May to September and you can give as much commitment as you wish. The panel usually meets for half a day. The meetings are either at County Hall or via Microsoft Teams - travelling expenses are given.

To express an interest and to request an application form please contact: Claudia Martin, Education Solicitor on tel: 0116 305 5811 or email [school.appeals@leics.gov.uk](mailto:school.appeals@leics.gov.uk) quoting ref Panel Membership.

## Equality, Diversity and Inclusion (EDI)

The next meeting of the EDI team will be held on **Monday 11th March, 2 pm at Gorse Covert Community Centre**, when we plan to:

- discuss possible title and role description of a Welfare/ Accessibility Coordinator
- review the accessibility audit
- plan a new leaflet for distribution to local firms
- finalise the 'potential venues' list



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)

## Active Charnwood

According to guidelines for physical activity of all adults - including older people - we should be doing 75 minutes of vigorous intensity exercise or 150 minutes of moderate intensity exercise per week. This helps us sleep better, maintain a healthy weight, manage stress levels, decrease our chance of cardiovascular disease, diabetes and some cancers, and generally improve our quality of life.

To help make exercise fun as well as being good for you, **Active Charnwood** offer a number of different activities aimed at older adults. For all the details, visit

<https://www.active-charnwood.org/activities-for-older-adults>







# PARTICIPANTS NEEDED FOR DEMENTIA RESEARCH

## Exercise for visual and mental functions in ageing



### AM I ELIGIBLE?

- Aged over 65
- Willing and able to provide blood sample



### Duration

- 1 visit
- ~3 hours



### WHAT WILL I DO?

#### Assessments:

- Blood sample collection
- Mental and visual assessments
- Driving experience tests



**Exercise:** Either chair-based resistance band exercise with visual training or visual training alone



Refreshments provided  
Travel expenses reimbursed



Ahmet Begde  
a.begde@lboro.ac.uk



+44 7391 312843



Loughborough  
University



## Upcoming Local Events



Gorse Covert  
Community Centre

OPEN  
DAY



Community  
Garden



Activities



Coffee Bar

A chance to find out what we offer:

- ✓ Meet the groups
- ✓ Volunteer Opportunities
- ✓ Youth Club information
- ✓ Room hire
- ✓ Subsidised meal info
- ✓ Upcoming activities
- ✓ Book sale
- ✓ Social support

12 - 3 pm

Saturday 2nd  
March, 2024

Call Find Us

01509 843 752



For More Information

[www.gorsecovertcommunitycentre.co.uk](http://www.gorsecovertcommunitycentre.co.uk)





## More Upcoming Local Events

### GCR & GCRN 125th Anniversary Open Weekend

**Saturday 16th Mar 2024 - Sunday 17th March  
at 4 Stations: Loughborough Central, Quorn and  
Woodhouse, Rothley and Leicester North**

The Great Central Railway and the Great Central Railway Nottingham are reunified for a celebration of the 125th anniversary of the opening of the GCR London Extension.

A Rail Replacement Bus Service will reunify the two halves of the railway with a service between Quorn and Woodhouse Station and Ruddington Station to allow you to explore all attractions with one inclusive ticket valid for entry to all sites and includes train travel and the reunification bus service.

Kids go for a Quid (aged 3-15 inclusive)

More at: <https://www.gcrailway.co.uk/whatson2024/>

### Friends of Charnwood Museum

**Thursday 21st March, 7:30 pm:  
Mountsorrel Railway and Quarry**



*Chris Allen / Mountsorrel  
Quarryman inaugural train  
CC BY-SA 2.0*

Speaker Mark Temple will trace the development of the railway and quarry in Mountsorrel, its impact on the local area and the ecological and historical legacy that exists for visitors to see at the Heritage Centre.

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>

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

**Upcoming Loughborough University events are at:** <https://www.lboro.ac.uk/news-events/events/>

## Charnwood Timebank Pop-Ups

Charnwood Timebank has partnered with Fearon Hall to make it the venue for the first **Charnwood Timebank pop-up hub**. The Timebank team will be there from 10 am till 12 pm on the last Wednesday of every month, where you will be able to get more information and meet up with members of the Timebank.

In this free skills exchange initiative from Leicestershire County Council, members sign up to share their skills and knowledge and support others, and request skills they would like to learn in return. It differs from volunteering as it allows people to swap skills at a time that suits them, with no minimum commitment. For every hour of time somebody gives, they receive an hour's time credit to bank and give to another Timebank member in exchange for supporting them with another skill. Exchanged skills can be anything from gardening or knitting to video editing and coding, and can be in-person or on-line. Examples of how it works are shown on the next page (*p.9 of this issue*). To find out more about the Charnwood Timebank or to register to get involved, visit the website: <https://www.time4leicestershire.org.uk>

### Charnwood Orchestra

A reminder of Charnwood Orchestra's next concert:

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



The programme features music from Brahms (Tragic Overture), Schumann (Piano Concerto), Dvorak (New World Symphony). For the full programme, see February's *News & Views*.

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

### Emmanuel Lunchtime Concert

**Thursday 21st March, 12:45 pm - 1:30 pm  
A concert by by musicians from  
Loughborough Schools Foundation**

Talented musicians from Loughborough Schools return with a programme of solos, duos and chamber music.

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>



# Swap skills, not money

**Myra joins Time4Leicestershire and lists the skills she can offer and those she needs**



**Dave, a Timebank member contacts Myra and asks for help gardening**



**Myra spends two hours clearing leaves in Dave's garden and earns 2 Timebank credits**



**Dave walks the dogs for Mollie and earns a Timebank credit**



**Anne takes George to town so that he can do some shopping and earns 2 Timebank credits**



**Anne spends her credits on cookery lessons from Dave**



**George reads to Elsie and earns a Timebank credit**




**Give one hour, get one hour**

[www.time4leicestershire.org.uk](http://www.time4leicestershire.org.uk)  
[time4leicestershire@leics.gov.uk](mailto:time4leicestershire@leics.gov.uk)



## Sorry, You're Not My Type

### ...or Getting IT On The Cheap - Part 2

Last month I wrote about different apps that could be used as alternatives to the "standard" types. For example, we could use LibreOffice instead of Microsoft Word or Excel. The key to using alternative apps is telling your computer what apps should be used to handle files of different kinds.

Extension	Mac App	Windows App	Alternative Apps
.docx [.doc]	Microsoft Word	Microsoft Word	LibreOffice Writer(MWL), Pages(M)
.xlsx [.xls] .csv	Microsoft Excel	Microsoft Excel	LibreOffice CalcKey(MWL), Numbers(M)
.pptx [.ppt]	Microsoft PowerPoint	Microsoft PowerPoint	LibreOffice Impress(MWL), Keynote(M)
.html .htm	Safari	Edge	Chrome(MWL), Firefox(MWL)
.jpeg .jpg .png	Preview		Photoshop(MW), GIMP(MWL), Photos(M)
.pdf	Adobe Reader DC	Adobe Reader DC	Preview(M)
.eps .ai .wmf	Adobe Illustrator	Adobe Illustrator	LibreOffice Draw(MWL), Inkscape(MWL)
.mp4 .mov .avi	QuickTime		VLC(MWL)
.mp3 .wav	QuickTime		Audacity(MWL)
.txt	Text Edit	NotePad++	BBEdit(M)
.emlx .mbx	Apple Mail	Outlook	Thunderbird(MWL), Browsers(MWL)
.odt .ods .odp .odg	LibreOffice		Microsoft Office(MW)
.ind .pmd .sla	InDesign		Scribus(MWL)

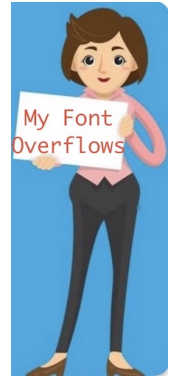


Image by Freepik

Key:  
 M = Mac  
 W = Windows  
 L = Linux

Last time, I included a small table (*first 2 columns above*) giving lists of common file types as indicated by file **extensions**. The file extension is the last part of the file name following the last dot. For example, a Word document ends in .docx or .doc, depending on the age of the file. Windows has a method for setting and changing the **association** between an app and the types of files they can create or change. What about **compatibility**? How closely will a file created in LibreOffice match the same document created in Microsoft Word? Most compatible apps will produce close matching equivalents but there are likely to be some differences which can be dealt with by a few tweaks.

Can you change the file type of a document by changing the extension at the end of the filename? No, you can't simply rename the end of a file to change the fundamental types of files that apps are designed to work with.

What about files that don't have extensions, e.g. a document with the minutes of a recent committee meeting might be called just "Winter\_Minutes" and yet we know the app generated an "ODT" file?! Windows, macOS and Linux all have the means to change the associations between file name extensions and file types. Also, these operating systems can usually change the default behaviour to show or hide the file extensions. The exact details will vary but the steps involved are pretty easy to look up and carry out.

Note that I strongly recommend that you set up your computer to always show file extensions, so you can be sure your files are what they say they are!

Peter Reid

## Poetry Corner

### Heralds of the Spring

It does not seem that long ago  
 Just peeping through the drifting snow  
 A tiny crown of petals white  
 Seemed such a beautiful, glorious sight  
 Fair snowdrops, tiny lamplights  
 Of a starry night.  
 And yet a whole year has passed by  
 With swallows gone and curlews cry  
 With fallen leaves and Christmas passed  
 Are sharp new bright green blades of grass.  
 And here we are in patches white  
 Of dusted snow that through the night  
 Fell on the rustic hill tops high  
 To greet the dawn's pink morning sky.  
 Yet clustered close 'neath hedgerow bare  
 A glorious wondrous thing;  
 Fair snowdrops in their purest white  
 Heralds of the Spring.

Irene Holt





## News from the National u3a



### A New Look for Third Age Matters

Look out for the new look magazine which is about to launch this Spring. Thanks go to those who completed the survey. Editor Sharon Parsons has been working hard to ensure the focus is on the interests, subject and concerns that matter to so many members.

### u3a in the Press

u3a has featured several times in the press in the past month. An article about u3a, and how it can be a cure for loneliness, featured in the London Daily News (amongst other publications) on 2nd February: <https://www.londondaily.news/u3a-combatting-loneliness-one-joyful-experience-at-a-time/> And two letters from members heralding the benefit of lifelong learning through u3a were featured in The Guardian on [Monday 29 January](#) and [Tuesday 6 February](#).

### u3a Click & Save

Through the u3a Click and Save scheme you can save money at the UK's biggest supermarkets including Asda, Iceland, Morrison's, Sainsbury's and Tesco, and on other big brands such as Pizza Express, Currys and M&S. For details, go to: [https://www.u3aclickandsave.co.uk/x\\_/](https://www.u3aclickandsave.co.uk/x_/)

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

- **Artificial Intelligence News:** with Barry Claydon, u3a AI Subject Adviser, Thu 7 Mar at 3:30 pm.
- **Exploring World Faiths: Women in Faith** with Peter Rookes, u3a Subject Adviser, Mon 11 Mar, 10 am
- **Introduction to Cryptic Crosswords** with Henry Howarth, u3a Subject Adviser, Thu 28 Mar at 10 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 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.

### Festival 24 Update

Click on the link in the graphic below, or go to <http://tinyurl.com/2my52d32> for the latest updates.



The Festival runs from Thursday 18th July Midday  
to Saturday 20th July Midday  
Lots of talks, presentations, demonstrations, art, history,  
music, sport and much, much more  
All at the fabulous York University Exhibition Centre  
All for just £35 for the 3 days (accommodation extra)

## 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 **April** issue of **News & Views** will be **Saturday, 30th March (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/>

