

Leicester Newsletter

October 2023



Donkey Holidays – A picture for the Digital Photography Group set entitled 'A Summer of Snapping'

<https://u3asites.org.uk/leicester/home>

If this link does not open, just copy, and paste it into your browser.

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For news from the Third Age Trust, you can sign up for your own Trust newsletter at:

<https://www.u3a.org.uk/news/newsletter#signup>

MESSAGE FROM THE EDITOR – Unfortunately due to ongoing family illness Karen is currently unable to respond personally but all messages to newsletter@leicesteru3a.org.uk will be dealt with. Please **do not** email Karen or Margaret personally with newsletter articles. **We would be particularly pleased to receive a few 'stunning' pictures for future front pages. Please name the photographer and any title or location.**

MEMBERSHIP INFORMATION: - Angie Barnes, Membership Secretary

Our membership stands at 385 an increase of 12 since July

MESSAGE FROM THE CHAIR – Neil Taylor

Welcome back after our break, and I hope you all managed to find somewhere with consistent warm weather for your holidays. First of all, a big thank you from me and the Committee to all the members who came to help out at the September monthly meeting, setting up and taking down the chairs and tables, and helping with refreshments. Most appreciated – we had a lot to do in our first meeting back, taking bookings for our Christmas Lunch at Taste Leicester College. Spaces are being booked up quickly. Kay Relf, our Christmas Lunch Organiser, and our Committee member Kay Thompson will be on hand again in the October Monthly meeting. Also, Angie Barnes, our Membership Secretary, was taking orders for the u3a Diary 2024, as usual at this time of year. Still time there for orders.

Looking back over the break we had our summer garden party. Not everybody is away in August, and with some lovely catering, cake, and refreshments, plus CD player in the background providing suitably summery sounds, we had a great day. Severn Trent chose to leave us without water for a time, but we didn't let it bother us, and we hope to make the summer garden party an annual event. Looking forward we have a Christmas party coming up too, in December. Please remember our wonderful coffee mornings with chat, cake, and refreshments in abundance. I do hope you continue to enjoy our newsletters, and contribute you group's work, photos, writing, and thoughts to Margaret and Karen. Keep a look out too,

for changes to our website which we hope you will enjoy. Graham Williams and Dave Barnes continue to work hard on this.

PROGRAMME

General meetings are held on the 2nd Tuesday of the month and start at 2:30 p.m. The doors open to members at 2:00 p.m.

SEPTEMBER MEETING REPORT: Tuesday 12th Sep 2023

Leicester u3a talks began again as usual in September, with former Paralympic athlete Libby Clegg MBE, speaking on the work of Vista Blind, which provides support, services, social groups, rehabilitation, befriending and residential services to 1200 adults and children living in Leicestershire and Rutland.

Libby herself has Stargardt Macular Disease, and after her diagnosis she pursued her athletics career, winning sprint medals at the European and World Championships as well as at the Commonwealth Paralympic Games. She was awarded her MBE in 2017, and went on to appear in Dancing on Ice in 2019, coming third. She has taken up Tandem Cycling, and won a medal in the 2022 World Championships.

She gave us the story of her journey with sight loss.

Libby struggled at school, finding difficulty reading the board. She was shy, and had no friends. She was subsequently diagnosed. She was competitive though, and had always enjoyed running, and jumping. She began hurdling and cross country, and soon took up rowing. She was introduced to competitive sport, and met other visually impaired youngsters. She began to feel a sense of belonging.

Her parents moved to Scotland, and there she attended the Royal Blind School in Edinburgh, boarding during the week.

Soon she was selected for the World Championships in Hull winning a silver medal at the 100 metres. Radio 5 Live chose her as one to watch for the future.

And what a future – 2008 Beijing: Silver Medal, again in 2012 London. By 2016 she was a double Paralympic Champion, and in 2021 she gained Silver.

A warm, modest woman, down to earth in her presentation to us, Libby described the ups and downs, and that at times it had been quite a struggle. At 33, after an 18 year career of success, she retired to concentrate on working with VISTA, to raise awareness; give something back. A truly inspiring woman, and talk, continuing our series of fascinating speakers.

OCTOBER MEETING:

The Rise and Fall of Leicester Trams by Malcolm Riddle

If your ancestors lived in Leicester then no doubt they would have used the local trams at some point from the 1870s to their withdrawal in 1949. Malcolm has had an interest in local transport since he was a teenager living near Leicester Central Station. In recent years he has spoken to many local groups about Leicester's trams, the Swannington Railway, and the Great Central Railway amongst other subjects.



NOVEMBER METING

The return of Jonathan Goddard - More on Ancient Surgery

ALL MEMBERS COFFEE MORNINGS: *Sandra Barker – Hospitality and Wellbeing*

Coffee mornings continue to be well attended and enjoyable.

They are held on the 3rd Tuesday of the month from 10.00 am onwards at the Quaker Meeting House, Queen's Road. Why not join us for refreshments, friendship, and chat. Sadly there was no coffee morning on Tuesday 19th September. This was out of our control. The Quaker Meeting House had work being done on the floors so were unable to accommodate us.

WELFARE

Just a reminder that if you know of a member who is ill or bereaved to let Elizabeth Hassall know at: cards@leicesteru3a.org.uk

NEWS FROM THE GROUPS COORDINATOR NEIL TAYLOR

Thank you once more for all your interest. We have many groups almost ready to start. Do keep signing up and suggesting groups.

Social History – the real history, the story of the ordinary lives of everyone: the soundtrack and photo album of our time.

Join Leicester u3a's new group 20th Century Social History, to look into, present and discuss our shared, recent past. The group's first meeting was at Knighton and Clarendon Park Club, on the corner of Queen's Road and Clarendon Park Road, on Wednesday 9th August, and it will meet every 2nd Wednesday in the month at 2pm thereafter. It is still open for new members so please get in touch with Convenor Ros Devine socialhistory@leicesteru3a.org.uk to join.

Guitar Starters needs more interest to begin. If you are a total novice on guitar, but you're enthusiastic to try, this group is for you. Contact Ian Knox guitarbeginners@leicesteru3a.org.uk to join. Mistakes allowed, laughs promised, guitar players – after excellent tuition – assured!

And we shouldn't forget Pop Up Ukulele where Convenor Sue Howard promises you will be able to play Ukulele in a short sessions Contact Sue popupukulele@leicesteru3a.org.uk to join.

Possible New Groups: Many of these are ready for an Initial Meeting, so do put your name down if you are interested.

- Scrabble 2
- Welsh Beginners
- Guitar Starters
- Whist
- Mah Jong Beginners
- Book Club 2

Wanting New Members

- Backgammon
- Cryptic Crosswords 1,
- Cryptic Crosswords 2,
- Gardening,
- Orienteering,
- Discovering Architecture and
- Ten Pin Bowling

Looking forward to you signing up to any of these groups, through the contact details on our website, at the Groups Table at the Monthly Meeting and at the Coffee Morning.

Contact me at groups@leicesteru3a.org.uk .

u3a ISLAND DISCS

Any member is invited to share their top three playlist, together with background stories. As well as **pop** and **rock** it would be interesting to get some **classical music, hymns, arias, country, folk, jazz, punk or any other genre**. This Month Andrea Davis shares another three of her her favourite:

My top 3 selections of classical music used as tv themes :

1. Adagio of Spartacus and Phrygia by Aran Khachaturian, 1954 used by The Onedin Line , drama, 1971-1980

2. The Koralia Suite by Jean Sibelius , 1893 used by This Week , current affairs programme, 1956-1978

3. Dance of the Knights from Romeo and Juliet by Sergei Prokofiev, 1935 used by The Apprentice, Reality entertainment (!!), 2005 to present.

Honourable mentions:

William Tell overture by Rossini used by The Lone Ranger.

And music written as a theme but which is now well regarded in its own right, Theme for Inspector Morse by Barrington Pheloung, which begins with sounds in morse code which spell M O R S E.

Many thanks again Andrea. If anyone would like to share your top three with fellow members please email:

newsletter@leicesteru3a.org.uk

REPORTS FROM THE GROUPS AND INDIVIDUAL MEMBERS

Bus Pass Tours

August meeting by Sue Took (member)

After a wet start to the day we set off to Melton Mowbray.

When we arrived after a one hour journey through beautiful countryside we stopped for coffee.



We then went for a stroll around Melton Mowbray where we saw lots of lovely buildings (Pavilion, Park, Church & Memorials)

Digital Photography

'A Summer of Snapping'

"The Digital Photography has been meeting regularly over the past year and, amongst a variety of topics and activities, has focussed its cameras and smartphones on the seasons as they progress. The calendar summer has just finished and so at the September meeting, we shared a wide variety of photos that had caught our eyes (and lenses) or brought back memories of summers past. Combine harvesters and cornfields, picnics in the rain, views out to sea and the wealth of beautiful flowers that appear in our gardens and public places - just about every take on the subject was



covered. Here are some examples of the pictures we shared and talked about.

Clockwise from top left:
Harvester by Matt Matthew

Summer by Rachel Mason

Honeysuckle by Irene Ault

Summer by Cliff Ault



A Summer of Cricket by Richard Taylor (Convenor)

See also the front cover for Bob Hall's Donkey Holidays.



Do you have a camera, a tablet, or a smartphone? Do you take photos? Then why not pay us a visit at one of our meetings and see if you'd like to join us?

We meet each second Thursday of the month at the Christchurch rooms, from 2.00pm. The cost of hiring the room is shared - the more members the less the individual cost!

If you are interested in coming along, or just want to find out more, please feel free to contact me, you will be very welcome.

Richard Taylor Convenor photography@leicesteru3a.org.uk

CONSERVATION AND WILDLIFE



Elephant Hawk Moth caterpillar seen in her garden by Karen Closs

COOKERY CORNER

Please do let us know if you have a favourite recipe that you would be happy to share <mailto:newsletter@leicesteru3a.org.uk>

Neil Taylors 'Posh' Baked Beans

Ingredients: 1 tin butter beans
1 tablespoon pesto (enough to cover a slice of bread)
2 slices of granary bread toasted and buttered
Liberal covering of grated red Leicester cheese.

Make and butter the toast.

Spread with Pesto and add the drained and heated beans.

Sprinkle liberally with grated red Leicester (or your choice) of cheese

Brown under the grill (optional)

ENJOY!



PUZZLE CORNER

A Sudoku (created by Cliff Ault – Member Cryptic Crossword Group) **Solution on page 15**

7					4	8	5	
		6	2					1
5	6		7	8			2	
1	4			5				7
		7					9	8
				1				9
				9		6		
	5							

CARTOON CORNER – MEMBER TONY LOCKE



Thank you Tony for your constant contributions. Would anyone else like to send us a cartoon, puzzle, quiz, poem or recipe?

ABOUT THE NEWSLETTER

Delivery

The newsletter is printed for those who prefer a hard copy. It is available on a first come first served basis at the monthly meeting and coffee morning. If you would like a hard copy but cannot make these events the secretary is happy to send a copy by post to anyone who sends her a supply of stamps and their full address. It will, also, continue to be delivered to members by email as a pdf file before each monthly meeting.

Photos

Please remember to get permission from any people in your photos for us to publish them. This permission will be assumed if you send them to the editor.

The deadline for items to be included in the November newsletter is Friday 27th October 2023. Contributions should be sent to the Editor at: newsletter@leicesteru3a.org.uk If you want to submit your entry as hard copy, please contact the Editor or Membership Secretary for the postal address.

We very much appreciate those members and convenors who are the stalwarts of the newsletter but with nearly 400 members there must be many more interesting events, articles and photos we could use. Don't be shy.

What else would you like to see in the newsletter? All ideas will be considered, but NO, unfortunately we can't list every group

SUDOKU SOLUTION

7	9	2	1	3	4	8	5	6
3	1	5	8	6	9	4	7	2
4	8	6	2	7	5	9	3	1
5	6	9	7	8	3	1	2	4
1	4	8	9	5	2	3	6	7
2	3	7	6	4	1	5	9	8
6	7	3	5	1	8	2	4	9
8	2	4	3	9	7	6	1	5
9	5	1	4	2	6	7	8	3

**WATCH THIS
SPACE –
WAITING FOR
YOU**