



Registered Charity No. 1137780

# October 2024 Newsletter Melton Mowbray u3a

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## At the meeting this month on Thursday 17<sup>th</sup> October 2024

<b>Speaker</b>	Joanna Cowell – I am the reluctant Ghost Hunter
<b>Display</b>	No display
<b>Catering</b>	Barbara Pinchin, Hilda Cox, Judy Smithers, Lindsey Shingleton-Smith, Eunice Fletcher
<b>Meet/Greet</b>	Lesley Dyason, Geraldine Green

## Committee Notices

### SPEAKER'S CORNER

October's speaker is Joanna Cowell, an author and writer for several publications. Her talk "I am the reluctant ghost hunter" will hopefully prove to be as enjoyable as the title is intriguing! Joanna will be donating her fee to her local RSPCA

Oct 17	Joanna Cowell	I am the reluctant Ghost Hunter
Nov 21	Bob Reed	Let's talk about toilets
Dec 19	Christmas meeting	
2025		
Jan 16	Meet the groups	
Feb 20	Becky Spillane	Fraud Awareness
Mar 20	AGM / Christine Slomkowska	103 The Eye

*Barry Frangleton, Speaker Secretary*

## **WEBSITE UPGRADE. Notification from our website administrator**

In the course of the next month, I will release an upgrade to the Melton Mowbray u3a website. You will notice that things look a bit different. I hope you will also notice that most of the information stays the same.

**The Big Picture.** This was not my choice. It is a consequence of the Third Age Trust upgrading the framework, supporting most u3a websites across the country. This was necessary, because support team for the current framework, *Site Builder*, wanted to retire. The new framework, *SiteWorks*, sits on top of WordPress, which is the most popular Content Management System, for supporting website.

In principle, this development is commendable, because WordPress supports around 43.5% of current websites. So, this is a move towards industry standards. My only qualm is that *SiteWorks* will not be as restrictive as *Site Builder*. It will allow the website developer to do a lot more. That might suit everyone, initially. The risk comes when you hand over your cleverness to someone, who might not get it. We are all volunteers. Eventually, the time will come for a handover. You don't want to leave problems, or even chaos, in your wake. The Software Development watchword: KISS (Keep it Simple, Stupid) can be a useful counter to challenge of trying out new things.

### **Our Website**

The Melton u3a website is currently accessible under two paths:

1. [www.u3ameltonmowbray.org.uk](http://www.u3ameltonmowbray.org.uk)
2. [u3asites.org.uk/melton-mowbray](http://u3asites.org.uk/melton-mowbray)

The first one will be re-routed, to point at the new website. That is currently being developed at: <https://melton-mowbray.u3asite.uk>

However, it will only be visible there, when the initial conversion of our existing web pages is complete. I intend to make this public, as soon as possible.

I am also taking the opportunity to simplify a few things:

- The Home and Welcome pages will be merged.
- Some of the explicit lists of links have become redundant.

I have made another systematic change. I no longer list email addresses on the website. Instead, there will be a link with the name(s) of a role or the people. This will trigger an online tool for sending a simple email. I hope this will not restrict your communications.

- The website will change. It will look different.
- But most of the useful information will still be there. Although it might be in a slightly different place, or, for email contacts, be hidden behind an active link with an email applet.

You should still be able to find what you are looking for. I hope you will continue to use the website. The upgrade to SiteWorks provides the ability to do more with the website, but that depends on getting the information at the right time. I would also like to use this opportunity to ask if there are any potential, volunteer web editors, with (some) experience of using the WordPress environment.

*C. J. Rupp, IT Advisor, Webmaster and general techie, in residence.*  
[admin@u3ameltonmowbray.org.uk](mailto:admin@u3ameltonmowbray.org.uk)

## **SUGGESTION BOX**

The Committee strive to do their best to help Melton u3a run smoothly and meet the needs of its members. To help us in doing that, we are constantly seeking feedback from members, both positive and negative. To facilitate that, we have a suggestion box at the monthly meeting, along with paper and pen, for members to make suggestions or comment on things that matter to them (relating to the u3a of course!) None of us on the current committee can remember when a suggestion was last put into the box. PLEASE consider feeding back to us. You can do it anonymously if you prefer but it will really help us address any issues that we may be unaware of and may even lead to new initiatives for the benefit of all of us. If you'd rather write something out at home and slip it into the box (in the foyer) that's absolutely fine. Of course, you can email any member of the committee at any time too. This is YOUR group, let's all work together to make it better.

## **u3a CHRISTMAS TREE - CHRISTMAS TREE FESTIVAL \*\*\* REMINDER \*\*\***

### **Group Leaders – Don't forget!!**

For this year's entry into the St Mary's Church Christmas Tree Festival, we are doing something different. In previous years a group or groups have taken on the task of decorating our tree. This year we thought we'd take a different approach and would like as many groups as possible to contribute by creating decorations to hang on the tree. Your decoration should tell us something about your group and you can submit more than one if you wish. This will show the diversity and wide-ranging talent of our u3a and maybe encourage more people to join us. If you have any questions relating to what's required, please contact me. Thank you all in advance for the fantastic decorations I know you will send to me!

*Linda Newbery, Vice-Chairman - email: [vchair@meltonmowbray.org.uk](mailto:vchair@meltonmowbray.org.uk)*

## **REFRESHMENTS ROTA**

One way of making new friendships, could be to help with the making of tea and coffee and then serving it at a monthly meeting (of your choice). It would mean arriving by 9.00 am to prepare it and then you will be able to listen to the speaker at 10.00 am. Refreshments are served immediately after the speaker has finished, then everything is cleared away and returned to storage. There are usually five members involved each time, so it is not onerous. You will have finished by about 11.30 am. All supplies are provided and full instructions are sent to everyone involved. If you think this is something you could do to help the smooth running of the u3a, please contact Angela Fielding or speak to any committee member.

*Angela Fielding*

## **THEATRE GROUP.**

The Theatre Group works a little differently to other groups. We arrange theatre trips, where members are not always able to go by themselves. They need to be booked many months in advance and we need to cover the cost of coaches, which may range from £500.00 - £850.00 per trip. When booking a theatre trip we do need to have financial commitment. It can be difficult trying to co-ordinate bookings with the theatre and coach companies and bookings and payments from members who wish to participate. We are volunteers just like other u3a members and it can be a stressful experience. Please bear this in mind when booking trips and ensure prompt payment is made. We have run many successful theatre trips over the years and wish that to continue but times have changed, and the process is very different these days. Thank you all for your support.

*Angela Fielding*

**MELTON ROAD CLOSURES – for information.** As part of the construction of the Melton Distributor Road, the following road closures are planned:

**B676 Saxby Road** will be closed from **Monday 7th October to Sunday 20th October** inclusive.

**A607 Grantham Road** will be closed from **Monday 28th October to Sunday 1st December** inclusive.



## Group News



### What's beginning in September?

- Strolling Group 3 (Tuesday mornings)

### What's beginning in October?

- Strolling Group 4 (Tuesday afternoons) Planning meeting
- Strolling Group 5 (Wednesday mornings)
- Petanque

### What's next?

We're hoping to start the following new groups:

- **Art**
- **Lunch**
- **Drama**

If you are interested in joining any new groups, please do get in touch with me. **Thank you very much** to everyone who already leads/helps with a group and especially to those who are taking this on for the first time.

*Dolores Harvey, Groups Coordinator*  
[groups@u3ameltonmowbray.org.uk](mailto:groups@u3ameltonmowbray.org.uk)

## SILVER TONES SINGING GROUP

It's been a great month for our group.....

Firstly we'd like to welcome Jane Kavanagh who will be joining Jenny Poulson and Maggie Saunders in leading the singing group.

Jane has taken a couple of rehearsals preparing the group to perform their first "gig" of the season at Dove Cottage, Stathern. We wish Jane the very best and hope she will enjoy this great experience with these brilliant singers.

Secondly, we are delighted to report we were lucky enough to purchase a new Roland keyboard with the generous gift of £500 from this year's Ragdale Hall Community Awards. We are very grateful and look forward to many years of use.



**Pictured Maggie and Jane**

## DRAMA GROUP RE-STARTING

Great news, Sue Wright is eager to re-start the drama group Stage Three. The group ran successfully for eight years but did not resume after the pandemic.

As before, the group will work on improvised scenes/activities and develop performance techniques. Most of all, it will have fun! Sue is also keen that Stage Three will aim to perform to U3A members and for local groups and at local venues and settings, as it did previously.

Drama experience is not necessary but experienced thespians are also welcome! If you are interested in joining the group or just want to find out more about it, please email Sue or groups co-ordinator at [groups@u3ameltonmowbray.org.uk](mailto:groups@u3ameltonmowbray.org.uk)

All are welcome – NEW AND PREVIOUS MEMBERS!



## Group Activities



## OUTING TO SHERINGHAM

On 4 September, 39 members went on a coach trip to Holt and Sheringham. Holt is a beautiful small town with a fair number of amazing shops. A number of members made their way to the railway station and caught a steam train to Sheringham, leaving the rest of us to return to the coach and travel by road.

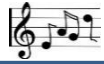
Sheringham is to a degree much like many other seaside resorts, full of cafes, ice cream kiosks, cheap shops, charity shops with a smattering of clothing, hardware and other shops of interest. It's a charming little town though.



The sea front had a sea wall and promenade for quite some distance, with larger boulders and stones leading down to some beautiful sand and the sea. Although breezy along the promenade, the weather was very kind throughout the day with plenty of sun and warmth. We didn't encounter any of those nasty drops that so frequently fall from the sky!!

It was a trip enjoyed by all, and as usual a big thank you to our Outings Group Leaders/Organisers, Jean, Ruth and Jackie. They can always be found at the monthly meetings ready to add your names to the lists of Outings they arrange every year.

*Sue Baker*



## Group Notices



**THEATRE GROUP** email: [theatre@u3ameltonmowbray.org.uk](mailto:theatre@u3ameltonmowbray.org.uk)

### STARLIGHT EXPRESS

I am hoping to book seats for a Thursday matinee in May 2025 for this show which is being presented at the Troubadour Theatre, Wembley. Interest has been very disappointing and unless more come forward I will not be going ahead with these plans. The October meeting will be your last chance to list.

Please tell me

1. What you would like to see?
2. Would you consider going to any performance on a weekend?

Thank you.

*Anne Dyster*

### MY FAIR LADY

I have now collected the tickets for My Fair Lady and I will be distributing **early** at the meeting on 17th October 2017 (before the Speaker as I will leave at 10.00 am for a medical appointment).

The performance is on Wednesday, 4th December 2014 and the coach will leave from Wilton Road Car Park, promptly at 6.05 p.m. and I expect all non-drivers to be on the coach by 6.00 pm please. Any query, please telephone 01664 564768 before 18th October 2024. Thank you.

*Angela Fielding*

### Saturday Matinees at the Little Theatre, Leicester

The Autumn/Winter 2024/25 season brochures are available on the Theatre Desk at the monthly meetings. As always, there is a good mix of drama, comedy and thrillers

Booking now: 16<sup>th</sup> November: Sheila's Island (Comedy drama)  
25<sup>th</sup> January: It Could Be Any One of Us (Alan Ayckbourn)

Travel with the group (usually by public transport) or make your own way to Leicester. Lunch at a nearby Italian restaurant is optional. Concessionary tickets are **£16.00 and must be paid for at the time of booking**. Please email the Theatre Group as above if you can't attend Thursday meetings

### Leicester Symphony Orchestra 103<sup>rd</sup> Concert Season

Half price tickets for these concerts will be available for Groups of 6 or more. Some of you may remember coming to the afternoon concert in March? There are 2 afternoon concerts in 2025: Sunday 23<sup>rd</sup> February; Sunday 11<sup>th</sup> May. Transport could be by the Community 'Bus, as before. As usual, we have to make bookings early so please visit the Theatre Desk where some leaflets will be available, or, visit LSO website to see what's on Please email me on [theatre@u3ameltonmowbray.org.uk](mailto:theatre@u3ameltonmowbray.org.uk) for more information if you cannot attend monthly meetings.

*Lynda Middleton*

**OUTINGS GROUP - email@ outings@u3ameltonmowbray.org.uk**

### **OUTINGS 2024**

We were lucky with the weather on 4<sup>th</sup> September for our last summer trip which was to Holt and Sheringham. Thank goodness we didn't go the following day!

The journey went fairly smoothly once we left the Melton traffic jams behind and we arrived in Holt in time to enjoy some refreshment at one of the town's many tea shops before exploring the picturesque town. Most of the group then reboarded the coach for the onward journey to Sheringham but some people opted to stay and explore further and make their own way to Sheringham by train or the local bus a bit later.

On arrival in Sheringham there was a market to look round before going in search of some lunch – who can resist fish and chips at the seaside? – and walking down to the sea front. Our homeward journey went well without any long delays and we arrived back in Melton in good time.

### **OUTINGS 2025**

Once again, we would like to thank our regular members. It was also good to see a few new faces on our last trip. We look forward to seeing you all on our trips next year when we are planning to go to:

- Saltaire – 9 April 2025
- NHS Bridgewater Gardens – 11 June 2025
- The Cotswolds - 10 September 2025
- Stamford Market - 11 November 2025

Thank you also to members who have suggested destinations including the first two on our list. At the moment we are looking into costs.

*Jean Pearson, Ruth Rigby and Jackie McMillan*  
Email: [outings@u3ameltonmowbray.org.uk](mailto:outings@u3ameltonmowbray.org.uk)



## **Walking Groups**



### **2nd MONDAY WALKING GROUP**

**Monday 14<sup>th</sup> October**

Meet in Church Lane, Twyford, 10:15 for 10:30 start.

No toilets.

Refreshments will be at Burrough Court Larder Tea Rooms.

*Geoff Harris, Group Co-ordinator*

## 1<sup>st</sup> THURSDAY WALKING GROUP

The **Thursday 3rd October 2024**, walk will be from the Ashby Arms, Main Street, Hungarton, LE7 9JR.

Please park in the pub car park and be ready to walk for 10am. Toilets will be accessible. The undulating, circular walk of about 6 miles is to Cold Newton, Quenby Hall grounds and back to Hungarton.

We intend staying for lunch at the Ashby Arms, if you wish to join us please let us know by the Monday before.

The **Thursday 7th November 2024**, walk will be from Empingham village.

Please park on the Main Street, LE15 8PS and be ready to walk for 10am. Toilets will be available at Sykes Lane near the start of the walk. The route of about 6 miles is along the shore of Rutland Water to Whitwell, then towards Exton and back to Empingham.

We intend to have lunch at the Old Buttercross, Panniers Way, Oakham, LE15 7US. If you wish to join us, please let us know by the Monday before.

*Stuart and Wendy Posnett, Group Leaders  
Email:- walkingthursday1@u3ameltonmowbray.org.uk.*

## 3rd WEDNESDAY WALKING GROUP OCTOBER\_walk – 16 October 2024

Meet at the The Cheney Arms, 2 Rearsby Lane, Gaddesby, Leics. LE7 4XE  
**10.00 for a 10.15 start.**

The walk will be approx. 5½ miles, mainly on field paths but with some road walking. The route will take us over some ploughed fields which could be muddy if the weather has been recently wet. 6 stiles.

NO toilets available prior to walking,  
Food can be ordered on the day.

NB: Please let me know by Sunday 13 October if you are intending to walk and if you will be staying for lunch. Please park on the road if NOT staying for lunch.

Link to the pub lunch menu: <https://www.thecheneyarms.co.uk/menus-1>

*Terry Hopper (Group leader/Co-ordinator)*



## LOCAL and OTHER EVENTS

**PEPPERS – A SAFE PLACE** - Pepper's is a safe place for everyone, whether you're feeling overwhelmed, stressed, worried, lonely or your mental health just isn't in the best place. Not sure if Pepper's is for you? Why not come in and find out or give us a call.

At Pepper's - A Safe Place, there is no charge, no agenda and no pressure. Just an opportunity to meet a friendly face, take some time out to improve your mental health and look after your mind. They offer multiple drop-in sessions a week at which, you can relax with a cup of tea or coffee, chat with others, share experiences or just take some time out. Peppers is open to anyone aged 18 or above.

Before you dismiss this as not being suitable for the older generation, I can assure you a large percentage of the people who benefit from this initiative are over the age of 60. They have drop-in sessions in Melton (King Street) on Mondays and Wednesday and also run activities on other days in and around the town. For more information visit the website [ABOUT US | peppersasafeplace.co.uk](http://peppersasafeplace.co.uk)

### RETURN OF THE MATHS PUZZLE

#### Cryptarithmic Meets the Champions' League.

#### Cryptarithmic

This is simply arithmetic using coded symbols rather than the numbers that you would expect. One form of *cryptarithm* uses letters, instead of numbers. Then you can select examples which appear to have some kind of theme or message. A classic example would be:

$$\begin{array}{r}
 \text{S E N D} \\
 + \text{M O R E} \\
 \hline
 = \text{M O N E Y}
 \end{array}$$

Wikipedia credits this to a Henry Dudeney, in 1924. The solution is an assignment of digits to letters:

D	E	N	M	O	R	S	Y
7	5	6	1	0	8	9	2

So that:  $9567 + 1085 = 10652$ . Only 8 letters are used. No letter is assigned to either 4 or 3. Since the beginning of the football season in August, I have been trying to concoct a football-themed Maths puzzle. Here, I am going to exploit the cryptarithm form and select words, or at least sequences of letters, taken from the Champions' League table, after one match.

$$\begin{array}{r}
 \text{M O N A C O} \\
 + \text{G I R O N A} \\
 \hline
 = \text{A C M I L A N}
 \end{array}$$

The solution would then be an assignment of digits to the 9 letters used:

A	C	G	I	L	M	N	O	R
1	?	?	?	?	?	?	?	?

To start you off, the assignment to A is given. All you have, to work out the rest of the assignment, are the rules of arithmetic, but that should be enough. You have the knowledge to find the answer, you just need to apply it, if you find that entertaining. Also, if you think about, giving you A as 1 is not a lot of information.

**SOLUTION WILL APPEAR IN NOVEMBER NEWSLETTER**

### Answers for An Autumnal Conkers Puzzle (September)

**The Puzzle:** John and Karen were collecting conkers. John said, "Give me three conkers and I'll have three times as many conkers as you" After this was done Karen then said, "Now give me four conkers and we shall have the same amount" How many conkers did each start with?

**The Solution:** The answer is that John had 9 conkers and Karen had 7.

You can look at this in 2 ways. Traditionally, you would start at the beginning with unknowns J and K. After the first exchange:

$J + 3 = 3(K - 3)$ , and after the second exchange:

$3(K - 3) - 4 = (K - 3) + 4$  leading to  $3K - 13 = K + 1$ ,  $2K = 14$ ,  $K = 7$ , then  $J + 3 = 3(K - 3) = 12$ ,  $J = 9$ .

Alternatively, you could work back from the end state and look at the exchanges. In the last exchange, J had 3 times what K had, but they arrived at equality, so they must each have twice what was exchanged. Overall, we know that J is one down and K is one up. The inference would be that they end with 8 each, so K started with 7 and J with 9. Maths without algebra?

**Maths for Fun group**

### RETURN OF THE QUIZ – many thanks to Judy Smithers for setting these quizzes for us

#### Golden Quiz

1. Complete the proverb, 'Speech is silver but .....
2. What product has the tagline, 'Out of the strong came forth sweetness' on its tins?
3. In Jack and the Beanstalk, Jack steals a bag of gold, a magic golden harp and what other item from the giant?
4. What name is shared by the 17<sup>th</sup> James Bond film and Ian Fleming's estate on Jamaica?
5. In which year was the Golden Jubilee of Queen Elizabeth II?
6. What did Jason and the Argonauts (with the help of Medea) steal from King Aeetes?
7. Which company was named after a type of potato considered to be the best for making crisps?
8. What is the symbol of the fast food chain McDonalds ?
9. Situated at Amritsar, Punjab, what is the pre-eminent spiritual site of Sikhism?
10. The Jonagold apple was developed in 1943 by cross breeding Jonathan and which other type of apple tree?

**ANSWERS APPEAR ON PAGE 12**



## Annual Group Reports



### **POETRY FOR PLEASURE 1**

Several members of the group have said that our poetry meeting is a highlight in their month. We read poems from a wide range of topics, and many lead to a wider discussion, trigger personal memories and often provide us with a good laugh! Two of our members play the ukulele and occasionally accompany themselves to a song with lyrics that fit the monthly theme. This is an even greater highlight for all.

*Geraldine Green, Group Leader*

### **POETRY FOR PLEASURE 2**

We continue to meet once a month, coming together to read poems to each other based on the theme of the month. Sometimes the poems individual members have chosen are familiar and well-loved and sometimes new to everyone. Within these themes poems range from very funny to very sad and moving. As you can imagine there is laughter, reflection and sadness, discussion too, in every session. It is a joy both to re-hear poems that we have known, seemingly all our lives, but also to discover gems that we have not come across before. We all enjoy reading our choices very much, also at times acting out the various parts if there is more than one character in a poem. This sometimes leads to much hilarity. Somehow hearing a poem read aloud very often enhances understanding. On occasion, the links to the theme are rather tenuous but never mind! At times, some members read their own work which is always very well received. We are looking forward to making a list of themes for 2025 to which we will all bring our own choices.

*Gay Wilson, Group Leader*

### **READING GROUP YOUNG**

We were very pleased to welcome two new members earlier this year and have had another successful year's reading. Meeting monthly, in each other's homes, we have read a variety of books, including *The Herd*, *The Elusive Language of Ducks*, and *The Fraud*. Discussion of the books is always lively and interesting; we were united in not liking Zadie Smith's newest book (the afore-mentioned *The Fraud*), and in finding Reverend Richard Coles's bestseller *Murder Before Evensong* quite disappointing. We have mostly selected books from the library's book group selection but have also had months where we each read a different book and report back on it; in July, for instance, we collectively read books as different as *Educated* by Tara Westover, a memoir of an abusive family, and *Shaka Zulu*, a biography of the great Zulu chief.

This has been a year of enjoyable and sociable meetings, and as group leader I thank everyone for making it so.

*Jean Fagg, Group Leader*

## READING GROUP DAWSON

Reading Group Dawson has had another good year of reading. We continue to get our books from the library, and this year we have had several new books to read.

We select our books all together and have been lucky to receive several of our choices. We cover many topics with our choices and usually have a good discussion at our meetings.

We are a small group and often have divided opinions on the stories, which makes it more interesting. As we meet in a small meeting room at Tesco, we are not able to accommodate any new members at present.

*Marysia Vale, Group Leader*

## Final Notices

### Annual Reports due for the November 2024 Newsletter:

- Recorder
- Retro
- Science Matters
- Scrabble
- Silver Tones Singing
- Singles 3

### At the meeting next month on Thursday 21<sup>st</sup> November 2024:

**Speaker:** Bob Reed – Let's Talk About Toilets

**Catering:** Sue Bown, Josie Rudkin, Janet Tarratt, Marie Cunningham, Marianne Hodson

**Meet and Greet:** Jean Newton, Anne Garton

Contributions to the October 2024 newsletter to be received no later than **25th October 2024**. Items should be emailed to [editor@u3ameltonmowbray.org.uk](mailto:editor@u3ameltonmowbray.org.uk)

### Quiz Answers

#### Answers

- |   |                        |
|---|------------------------|
| 1. Silence is golden                    | 2. Lyle's Golden Syrup |
| 3. The goose that laid the golden eggs. | 4. GoldenEye           |
| 5. 2002                                 | 6. The golden fleece   |
| 7. Golden Wonder                        | 8. The golden arches   |
| 9. The Golden Temple                    | 10. Golden Wonder      |