

Your New Committee for 2023-4 Elected at the March AGM

May 2023

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Chris Bowerman
Chairman



Brian Kirk
Vice Chairman



Gill Howdle
Treasurer

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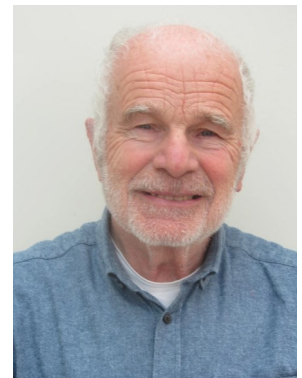
Marilyn Wood
Membership Secretary



Roger Golds
Outings Rep



Mike Sharpe
Business Secretary



Brian Hidders



Alison Lloyd
Social Team Rep



Sue Miles
Minutes Secretary



Ian Lloyd
Groups Coordinator



Paul Fileman

Groups Seeking New Members

Diners Group



The first meeting of the newly revived Diners Group was held on Tuesday 4th April.

Although not all members were able to attend, we had a successful meeting where eight members met at The Otter in Kegworth. During the meeting it was decided that the next event would be a Sunday carvery on 14th May at the Rushcliffe Golf Club in East Leake, time to be agreed.

If you're interested in joining this group please contact **Martyn Luczka**
Tel: 07795 108517.

Dog Owners Group?

I have two medium/small dogs and am finding that they do love company, human and dogs, and I wondered if there were any like minded people who feel the same way. We could meet up for walks, fun sessions at a dog park with agility type equipment, perhaps go to local events with dog classes, or the bigger county shows where dogs are always welcome, often with opportunities for fun classes, etc. We could maybe arrange visits to training facilities, assistance dogs for disabled as a possibility. Visits to the sea. I'm sure there are many other opportunities to have fun with our dogs as a group.

If you think you might be interested, please contact me, **Rosemarie Alltree**
Tel:01509 844381 Email: rosemariealltree@yahoo.co.uk.

Bowls Group



Bowls takes place on Wednesday mornings May to September. The venue is Sutton Bonington Bowls Club, Landcroft Lane, Sutton Bonington. We play from 10am to noon with a coffee break.

We are a group of mixed ability, with some experienced players able to give sage advice and tuition, but we do not take things too seriously. For players new to the game flat soled shoes/trainers will be required. We are however able to supply a selection of bowls if required.

There is a small charge for non bowls club members of £4 for the session, for club members it is £2.

Anyone wishing to pass a convivial 2 hours in good company and get a bit of exercise into the bargain please contact **Colin Blackshaw**
Tel: 01509 672144,
Email: candrblackshaw137@btinternet.com

Nothing is Impossible



Graham Short, our flamboyant March speaker, is a funny man with a funny profession. He's a micro artist and he engraves unbelievably tiny pictures and texts onto unbelievably tiny spaces. Like the Lord's prayer on a speck of gold in the eye of a needle, the late queen's portrait on a pinhead and the words 'Nothing is impossible' on a razor blade edge.

He works through a microscope from midnight to 5am to avoid traffic vibrations. He even has Botox treatment to steady blinking and takes a beta blocker to slow his heart rate, engraving between beats.

Graham's work has made him something of a celebrity, hobnobbing with royalty and stars from the entertainment world. And he's become a great entertainer himself. His hilarious stories, delivered rapid fire in his signature Brummy accent, had us in stitches. All quite amazing.

Brian Hinners



Keeping Bones and Joints Healthy



Exercise Medicine (NCSEM), Loughborough University. This was the Resistance Exercise Programme on Risk Of Osteoporosis and Osteoarthritis in Females (REPROOF).

I have now finished the study and thought others might be interested in knowing more about the NCSEM.

So a party of 26 Science and Technology group members arrived at the university on a particularly cold Monday morning in January. We were met by Dr Katherine Brooke-Wavell, (*photo above*) Senior Lecturer in Human Biology and Ogulcan Caliskan, Doctoral Researcher.

Katherine gave us a fascinating lecture entitled: Bones and joints - osteoporosis and osteoarthritis.

Main points:

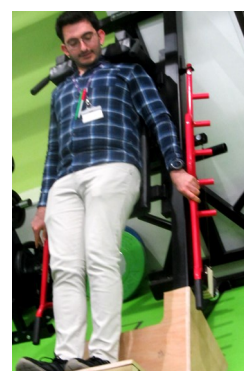
- Fractures cost the UK £1.5 billion a year, £1.3 billion being hip fractures
- In women over 50 years of age, there is a 1 in 2 chance of a fracture in their lifetime
- In Men over 50 years of age, a 1 in 5 chance of a fracture

Some time ago I responded to a request sent via the Soar Valley u3a to take part in a study at the National Centre for Sport and

- If men exercise 45% will have fewer fractures
- If women exercise 38% will have fewer fractures
- 50 hops a day is good! But not all in one go!
- TaiChi is very good for your balance
- Balancing on one leg for one minute then balancing on the other leg for one minute. Suggested while brushing your teeth helps greatly with balance
- We should all take vitamin D and eat oily fish
- Don't be sedentary keep moving!

Ogulcan followed up with an overview of the REPROOF trial, after which they both escorted us on a tour of the building, which included the gym and the NHS body scanning equipment.

We then battled our way through 2 inches of snow to an excellent lunch at The Priory, Nanpanton.



Ogulcan demonstrates some of the equipment used in the trial

More information can be found on the following links

[Exercises for healthy joints | Back, neck, knee and foot exercises \(versusarthritis.org\)](#)

[Osteoporosis: Exercise for bone health \(theros.org.uk\)](#)

Alison Lloyd

A Nice Thankyou *You may remember we featured articles about 'The Great Transcription Project' last year and the year before, in which member **Val Franklin** responded to an appeal in the Third Age Matters magazine for anyone familiar with Pitman shorthand to help transcribe the notebooks of the former international journalist, Clyde Sanger. Val and others working on the project received this acknowledgement from the organiser at the Guardian newspaper.*

'Thanks to you all we have now completed the transcription and review of all of Clyde Sanger's notebooks containing shorthand. That's a grand total of 133 notebooks made up of 4,292 pages which is a fantastic achievement. From these transcriptions we have been able to enhance our catalogue descriptions for notebooks relating to Africa, the UN and North and South America, creating a unique resource for future researchers.

To celebrate this milestone, myself and Philippa have published an article about the project on the Guardian's website at: <https://www.theguardian.com/gnm-archive/2023/mar/03/unlocking-the-stories-behind-the-shorthand>. Please feel free to share this widely! The project also appears on our newly updated webpages on [The Guardian Foundation's website](#).

It has personally been an absolute pleasure to work with such a wonderful group of volunteers. I would like to take the opportunity here to thank you all for your commitment, enthusiasm and Pitman skills over the past two and a bit years. Myself and the other members of the team are so grateful for your dedication to the project and we really could not have achieved what we have without your hard work.' *Emma Aitken, Archivist*

Green's Green Machine

When we think 'windmills', most of us conjure up an idealistic image of peaceful countryside basking in summer sunshine. But during that icy snap back in March the Engineering group's trip to Nottingham was altogether different. Fifteen hardy souls grabbed their winter gear and braved the snow to head for Green's Windmill. Built in 1807 by George Green, and powered by just wind and gravity, this windmill is a fine example of an original working 'green machine'.



friction of heavy mechanics to get things moving. That hasn't happened much in recent times and there's a need to produce flour to sell in the shop and to local bakers. So a little lateral thinking has been applied by way of a newly installed electrical grinder (*right*).



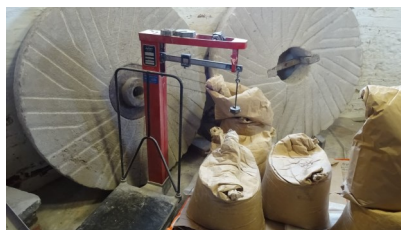
It all starts from the top. We climbed steep staircases and crammed into a high platform where grain is hauled up to. First fed into a cleaner to separate the wheat from the chaff, the grain works its way down again, passing through two great revolving millstones, which grind it into meal. And at the bottom, a revolving sift (a dresser) separates the flour into wholemeal and white, and something in between called - no prizes for guessing - middlings.

But this is really a story of two George Greens. The elder built the windmill, and after he died it was inherited by his son. The younger George had little schooling, obliged to work in his father's bakery and the windmill. But he eventually sold up and went to Cambridge at the age of 40 to become a brilliant mathematician, discovering new ways to understand electricity and magnetism. A small museum on site is dedicated to his work.

Since the Greens' time the windmill has changed hands, suffered fire damage and is now awaiting further restoration.

If you fancy a trip yourself, you can discover more here (but do choose a better day).

[Green's Mill and Science Centre – A restored and working windmill in Nottingham, UK \(greensmill.org.uk\)](http://greensmill.org.uk)



The windmill still operates occasionally but requires strong winds to overcome the high

Our thanks to Mike Sharpe for organising the visit.

Brian Hiners



Have You Joined **Soar Valley u3a Members** on Facebook Yet?

We've 38 members so far in this new private group, and the number is growing.

Sign up to find out what others are doing and tell us what your group has been up to.

the Charnwood Orchestra
Music Director
Nic Fallowfield

Saturday 24th June 2023 7:30pm

Church of St. James the Greater
London Road
Leicester LE2 1NE

Conductor **Nic Fallowfield**

Violin **Sebastian Wyss**

Tchaikovsky Capriccio Italien

Glazunov Violin Concerto

Shostakovich Symphony No.6

Tickets:

- The Orchestra website
- tickets@charnwoodorchestra.org.uk
- Members of the Orchestra
- At the door, cash payments only

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

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



www.charnwoodorchestra.org.uk

Wartime and Bradgate Park



Member **Richard Neale** is a volunteer at Bradgate Park. Working with other volunteers, he's recently been involved in developing a four mile guided walk around the park which explores Bradgate's connection to war - from the Civil War in the 17th century to the two World Wars. Here Richard describes some of the highlights of the walk.

The monument to the Leicestershire Yeomanry is a prominent feature of the Park and commemorates the men of the Leicestershire Yeomanry who died in the Boer War and the two World Wars. The Yeomanry was first raised in 1794 in response to the threat of invasion by Bonaparte.

Members of the Yeomanry were not obliged to serve overseas but nevertheless, demands on the British Army required them to fight in the Second Boer War and the two World Wars.



*A service is held each year on the Sunday nearest to the date of the Battle of Frezenberg Ridge.
(Photo by Robb Doyle, Park Volunteer)*

This guided walk describes the Yeomanry's most well-known, brave and tragic action, the Battle of Frezenberg Ridge, part of

the First World War Battle of Ypres.

Old John is the next stop and is the highest point on Bradgate Park and the most iconic image of Leicestershire. During air raids Old John Tower was used as a look out for incendiary bombs. As you walk across the Park you will come across random craters



*Soldiers staged a mock battle 1942 for munitions workers.
(Photo by the Leicester Mercury)*

betwixt the crags; these were created by incendiary bombs. Below these landmarks the Park covers a large area, and the hilly terrain would have been suitable for WWII army training. Both British and American soldiers were trained here, including the use of Bren Gun Carriers - tracked, armoured carriers for troops and supplies which were armed with a Bren light machine gun. The soldiers were billeted in Newtown Linford and their military vehicles were camouflaged

and hidden in the streets.

The walk then continues downhill, onwards to the famous ruins of Bradgate House, to tell English Civil War stories in the chapel. Containing the tomb of Henry and Anne Grey, grandparents of Henry Grey the 1st Earl of Stamford, this is a magical place to learn more about the woes and wins of war.

The English Civil War, 1642-1651, was a series of battles between King Charles I, (Royalists) and Parliament (Parliamentarians). The main issue was the 'divine right' of the king to rule as he wished because he had been appointed by God, whereas the Parliamentarians supported the rule of law through its elected members. The Grey family were staunch Parliamentarians, whereas a neighbouring aristocratic family, the Hastings of Ashby, were Royalists. There had been conflict between these families for generations and the Civil War brought them in to violent conflict. You can learn about how the conflict came to Bradgate park and why the noses of the effigies on the tomb were knocked off: this tells of far more than just vandalism. Who would do such a thing?



*Tomb in the chapel with faces disfigured.
(Photo by Robb Doyle, Park Volunteer)*

Many of the tours, walks, activities and other events at the Park are developed and led by volunteers. This walk forms part of the National Forest Walking Festival and will take place on 13th May. If you would like to join the walk you can find details and make a booking using this link:

[Wartime Walk at Bradgate Park](#)

Carole Caferty, Christiana Derry, Richard Neale and Judith Putnam.
Volunteer Tour Guides

Up, Up and Away

In another of our features about members who enjoy interesting pastimes, **Andrew Davidson** tells us about his adventurous hobby flying hot air balloons. Probably not for the faint hearted, but if it's on your bucket list, read on.



The first ever manned flight was made in a hot air balloon built by the Montgolfier brothers and flown by Pilatre de Rozier and The Marquis d' Arlande.

They flew for 25 minutes through the skies above Paris, on 21st November 1783 and landed safely.

A good landing is one that you and your passengers can walk away from. A great landing is when you can use the aircraft again. They had a great landing.

My first hot air balloon flight was from a park in Sheffield on 15th February 1981.

Unfortunately, the pilot was unable to achieve sufficient buoyancy before the balloon was released. The balloon collided with a tree and landed in the next field. Fortunately, this was also a 'great landing' and I decided that as I could walk away, then ballooning was a safe form of flight.



Today, I do most of my flying with The Nottingham and Derby Balloon Club. Our balloons can carry pilot plus 3 passengers, have a volume of 3,000 cubic

metres and stand about 25 metres tall when inflated. They displace about 3,600kg of ambient air at 20°C. If the hot air inside is heated to 100°C it will only weigh 2,900kg, so this difference of 700kg is available to lift the balloon and its payload. We choose the payload, mostly fuel and humans, to give us sufficient lift to allow the balloon to climb, and to round out from a descent without overheating the envelope.

Weather is important. We need good

visibility, no low cloud, no precipitation, no thermal activity or strong gusts, and surface winds light enough to allow safe inflation and landing, typically less than 10 mph.

There is no steering in a balloon so we need to plan our flights to take us over open countryside, or at least to arrive over open countryside with sufficient fuel to select a suitable landing field.

A typical balloon flight in the UK may last between 30 minutes and 2 hours, cover 1 to 20 miles, flying between 1,000 and 4,000 feet above the ground.

A retrieve crew follows by road.

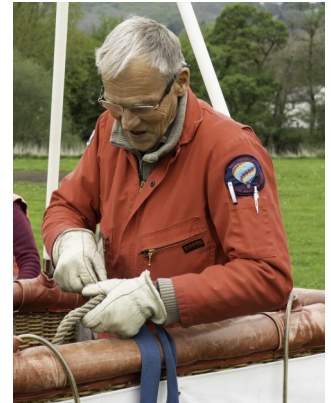
Both the pilot and the equipment must be licensed, rules of the air must be obeyed, and the balloon must be flown to avoid causing nuisance to those below, especially avoiding disturbance to livestock.

We need to select a landing field clear of crop or livestock with reasonable access and suitable terrain for our retrieve vehicle.

When we land, uninvited, pilot and crew must exercise diplomacy, and perhaps bribery, to negotiate access by the retrieve vehicle to the landing site, so that the balloon can be packed away and taken back to base.

I gained my balloon pilot's licence in 1985 and have flown in the UK, France, Germany, Australia and the USA. I have clocked-up over a thousand hours flying time. I have been involved in pilot training, competitions and club flying.

At the age of 71, I am less adventurous than when I was younger, but I still enjoy my flying.



Andrew prepares for take off

Andrew Davidson, photos by Robin Macey



Join us at **The Coronation BBQ Party**

1-5pm, Tuesday 23rd May

Normanton on Soar Village Hall

Musical entertainment from Soar Valley Singers, Ukelele Band and Saxophone, Quiz, Two course BBQ meal, Bar

Tickets £12 from Alison Lloyd

Tel: 07725 224295 Email: Alison.lloyd1955@gmail.com

Note: This event replaces the regular general meeting originally scheduled for 30th May

Coach Outings Programme 2023



RHS Garden Bridgewater

Worsley, Salford - Wednesday 7th June

RHS Bridgewater Garden is the newest of the five RHS gardens. It blends one of the largest, old walled gardens in Europe with contemporary designs and world class horticulture.

Cost pp: RHS members £23, non members £32

We leave Sutton Bonington Playing Fields at 08.30, back at about 18.30



'Lady in the Van' by Alan Bennett

Tolethorpe Outdoor Theatre, near Stamford, Sat 8th July

This beautiful theatre is set in the delightful grounds of Tolethorpe Hall where the covered auditorium looks over the outdoor stage area. In inclement weather the audience stays dry but the actors get wet.

Cost pp: £40

We leave Sutton Bonington Playing Fields at 09.30, back at about 17.30

September Outing

This one's taking us a little longer to organise, but we're nearly there so bear with us. We'll email details shortly.

To reserve your seats contact Roger Golds

Tel: 01509 853000 or 07753 350138, Email: sandrgolds@gmail.com

For all these events, pay by Bacs transfer to Soar Valley Lloyds Bank, Sort Code 30-95-21, Ac No. 00080503. Please use your name and event reference, such as 'BBQ'. Or pay by cheque to Soar Valley u3a

Contacts

Chairman:

Chris Bowerman
01159 830510
chris.bowerman@btinternet.com

Vice Chairman:

Brian Kirk
07879 646262
beekay13@sky.com

Treasurer:

Gill Howdle
01509 856670
gill@gctg.co.uk

Membership Secretary:

Marilyn Wood
07812 913807
marilyniwood@yahoo.co.uk

Business Secretary:

Mike Sharpe
01509 853203
msharpe44@btinternet.com

Groups Coordinator:

Ian Lloyd
07471 940691
ian.lloyd1955@gmail.com

Outings Representative:

Roger Golds
01509 853000
sandrgolds@gmail.com

Social Events Representative:

Alison Lloyd
01509 673782
alison.lloyd1955@gmail.com

**Newsletter/Communications/
Speakers:**

Brian Hinners
01509 853038
brian1@hinners.co.uk

Minutes Secretary:

Sue Miles
01509 820386
suesu3a@gmail.com

Webmaster:

Steve Jones
07714 304548
el.steve@virginmedia.com

Website:

[Click here](#)

*If you no longer wish to receive this
Newsletter or email communications
from us, please contact the
Membership Secretary.*

General Meetings

The **May** meeting has been rescheduled to **23rd** for the
Coronation BBQ party - see page 7

25th July, 2pm at Normanton on Soar village hall

Our guest speaker will be
David Ryley and colleague
from St James Place

talking about

Financial Management for Retirees

Topics to be covered will include:

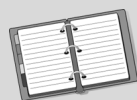
Inheritance Tax

Wills

Lasting Power of Attorney

Long Term Care Fees

*Daunting as they may seem, it's essential that we
have an awareness of these subjects, and the
experienced team will cover them in a light-hearted
and respectful way.*



Diary Dates Reminder

BBQ Party, Normanton on Soar - 23rd May

Visit to RHS Garden, Bridgewater - 7th June

Charnwood Concert, Leicester - 24th June

Outdoor Theatre visit, Tolethorpe - 8th July

General Meeting - 25th July

Macmillan coffee morning, Sutt. Bonington - 30th Sep

Christmas party, Rushcliffe Golf Course - 1st Dec

With sad regret we announce the death of
members **Alan Cussens** and **Barbara Allen**
in March. Barbara was SVu3a Chairman
2010-2012.