

Halloween



Table of Contents

<u>Notices</u>	3
<u>LIVELY DISCUSSION</u>	4
<u>QUIZ GROUP</u>	9
<u>TRIPS</u>	10
<u>GENTLE CYCLING GROUP</u>	14
<u>ENGINEERING, SCIENCE AND TECHNOLOGY</u>	15
<u>4th WEDNESDAY WALKING GROUP</u>	23
<u>SNAIL'S PACE WALKING GROUP</u>	26
<u>POETRY GROUP</u>	28
<u>GARDEN GROUP</u>	29
<u>FRENCH CONVERSATION</u>	32
<u>PHOTOGRAPHY GROUP</u>	33

Notices

WE STILL NEED YOUR USED STAMPS

Liz White of Lutterworth U3A is still collecting used stamps on behalf of **Medical Detection Dogs**. They can be any used stamps but please could you ensure they have approximately a 1cm (roughly a finger's width) surround.

Hopefully you have been saving your stamps and now at last we are able to meet again, please bring them along to the next monthly meeting (Wednesday 10th November) and give them to Sue Creeden. Alternatively, you can pop them through her door – 25 Holly Drive, Lutterworth. Sue can then pass them onto Liz.

*

Many thanks.

Snail Pace Walking Group

All u3a members are welcome to join in with the walks each month.

Mandy

LIVELY DISCUSSION

Should Boxing be Banned?

Lively Discussion Meeting held on 11th October 2021

We started with the history of boxing:

HISTORY OF BOXING

- First recorded history of boxing was found in Mesopotamia in the Tigris Euphrates Valley. A terracotta relief of two bare fisted boxers was found in the Ninto temple in what is now Iraq.
- Egypt – a relief showing boxers was found in Thebes dated around 1350 BCE
- Greece - much more pictorial and writing evidence was found in Greece. A fresco from Santorini dated 1600 BCE shows a boxer wearing a single glove. Much of the boxing at that time was bare fisted. The Greeks introduced the first hand protection in boxing. This was in the form of a leather strip which was about 4 metres long, made of soft leather and was wound round the boxer's hands and wrists. They were called thongs – first used on the island of Crete about 1500-900 BCE
- Sharp thongs were first brought into boxing about the third century BCE. In effect primitive knuckle dusters – they were lacerative weapons to add to the brutality of boxing but were banned in the 4th century as being too dangerous.
- The ancient Greeks held boxing as a game played by the gods on Mount Olympus and therefore of great importance. Boxing was allowed in the 23rd Olympiad in 688 BCE. There is evidence in the Greek literature of disfigurement and even death resulting from boxing. Boxing in ancient Greece was certainly not gentlemanly. They fought for glory and immortality. They were highly trained, well-conditioned and skilful athletes.
- ROME – Boxing was also popular in Ancient Rome. Here however it became a gladiator sport, where the idea was to fight to the death. To assist in this they introduced a boxing glove with hardened leather over the knuckles. It often had spikes to do more damage.

- ENGLAND – Little is known about boxing in the middle ages, but the first documented boxing match in England took place in 1881 when the Duke of Albemarle organised a fight between his butler and his butcher. In the early days there were no rules, no gloves, no weight divisions and only one champion. Wrestling was allowed and you could hit a man when he was down. Similar to that known as cage fighting today.
- BROUGHTON'S RULES - Jack Broughton became the father of modern boxing when he introduced the first set of rules in 1743. This was after he killed an opponent in 1741 and he introduced muffers, which were the precursors of the modern boxing glove. A round continued until a man went down. You were not allowed to hit an opponent when he was down and after 30 seconds he had to be one yard from his opponent in the centre of the ring or the opponent would be declared the winner. These rules held until 1838.
- THE MARQUIS OF QUEENSBURY RULES. – John Graham Chambers of the amateur Athletics Club devised a new set of rules in 1867. Having enjoyed the patronage of the Marquis of Queensbury, the following rules were observed.
 - Differing weight divisions
 - Padded gloves
 - Three minute rounds with one minute rest in between
 - Wrestling was declared illegal
 - A fighter who was knocked down had to get up unaided not to be declared knocked out.

Deaths in boxing – the main reason that changes in the cushioning of gloves have taken place is to prevent death or serious brain damage in the ring. It has been scientifically shown that brain damage is caused by rotation acceleration to the brain as a result of the force of the punch. By reducing the force of the punch with better cushioning in the glove the chance of brain damage and death will be reduced.

- RECENT CHANGES IN THE RULES. – To reduce the possibility of severe brain damage changes in the rules have taken place. Championships fights have been reduced from 15 to 12 rounds, and medical supervision has been given far greater importance so that the fight can be stopped sooner rather than later. Better medical facilities have also been enforced so that if treatment is needed this can be introduced immediately.
- Whether boxing is a sport – that should be encouraged is in my personal opinion doubtful.

- It attracts the more physical person to compete where other outlets may be limited. It is encouraged in boys clubs, the armed forces alongside other sports.

When we chose this subject earlier in the year we were unaware of the recent fight between Tyson Fury and Deontay Wilder, but it's good to know that we remain up-to-date.

The group agreed that we wouldn't ban boxing, but everyone felt that they would like to restrict it to amateur status and maintain its place in the Olympics. However, we realised that with money as the main driver professional fights will continue. It's good to know that the focus on protection of the fighters is more prominent now. This seems contradictory when we consider that punches to the head are expected in order to get a knock-out. Brain damage and other neurological problems are apparent in many sports including boxing. At least with amateur and Olympic boxing head guards are worn. The point was made that there are often more injuries in other sports like rugby than in the ring.

One member had boxed at school and in the army, with the emphasis on protecting yourself in hand to hand fighting, not on annihilating your opponent. Everyone agreed the discipline and fitness acquired were good things, and that young people often found clubs very useful and safe places to be, rather than on the streets. Successive governments have failed youth by removing funding from youth clubs and cutting sports facilities in schools. Both boys and girls have joined boxing clubs and Nicola Adams is a shining example of how accomplished they can become.

There is a contradiction between learning to defend yourself, and encouraging damage for public enjoyment and profit. We realise that banning the professional side of the sport would mean it moving underground and instances of bare knuckle and cage fighting would increase dramatically. Nevertheless we advocate head guards should be worn in every level of the sport. Below are arguments for and against boxing which were found on the internet.

5 Arguments for Boxing Being Banned

1. The sport is barbaric and no better than an organized physical assault, which would be illegal in any other context. The fact that the participants are taking part voluntarily is irrelevant—in some senses, boxing resembles duelling, which was a normal part of life for many years, but is now banned.
2. There are injuries that occur accidentally in other sports, but in boxing, causing a head injury in the form of a "knockout" to your opponent is actually one of the main objectives.
3. Although deaths that occur during fights are rare, many doctors believe that boxing should be banned because of the eye and brain injuries that can be caused by repeated punches to the head. These injuries may go unnoticed at the time, but cause the boxer serious problems in later life. There are very few professional fighters whose brains end up unscathed by the end of their career.
4. Professional boxing glamorizes violence and the concept of becoming rich and famous through physical aggression. This sends children especially the entirely wrong message.
5. Although boxing may appear to offer a quick and easy route to riches, it is in fact a poor choice. Apart from the very real health risks, boxers are commonly exploited economically and even the most successful ones can often end up penniless.

Boxing is the only sport you can get your brain shook, your money took and your name in the undertaker book.

— Joe Frazier

8 Arguments Against Boxing Being Banned

1. Boxing requires a high degree of physical fitness, if you wish to be successful, so it teaches young people to look after their bodies.
2. There is no general intent in boxing to injure the opponent. Rather, the primary aim is to score the most points by hitting strictly defined regions of the body.
3. The sport teaches discipline. As well as things like exercise and diet, it also informs young people when and when not to fight, emphasizing the need for establishing mental control as well as physical.
4. It also gives young people self-defence skills and can increase self-esteem, including the ability to defend themselves if physically assaulted.
5. The vast majority of boxers train and fight not because they want to make lots of money, but because they enjoy it as a sport.
6. Nobody is forced to box or watch a fight; all participants do so of their own free will. Those who don't like the sport should just ignore it if they don't like it.
7. Critics unfairly target boxing because it more obviously resembles a fight, rather than other sports which can be physically aggressive, such as ice hockey or rugby, where there is a puck or a ball to provide the focus. Likewise, the high degree of strategy and tactics employed by boxers are often missed by inexperienced observers.
8. Boxing is a way for people to remove themselves from poverty. Other doors may not be an option for a young boxer, such as a college education. The sport provides another route to social and economic advancement. At the very least, it can provide a sense of self-respect.

Visitors welcome, please contact Dot Barnard dot.barnard@uwclub.net

01455 208190 We meet on the second Monday morning of each month.

2021.Topics

- November – TV coverage of the Olympics, how should it change?
- December – Christmas meeting

[Return to Contents](#)

QUIZ GROUP

A greatly reduced quiz group met in the Town Hall, as usual, on October 5th. Sylvie was in the questioner's chair with a set of very interesting subjects. Unfortunately, the only two people in attendance to answer didn't do them justice. It seems we need other group members with which to discuss our ideas.

If anybody would like to join us, we can be found on the first Tuesday of each month, in the Denby room of the Town Hall. You will be very welcome. We have a maxim that the questioner is always right!

Taster questions:

I.P.A. The initials stand for?

Communist China. Came into being in which year?

Answers:-

Initials mean, Indian Pale Ale

Communist China formed in 1949

TRIPS

Report on 4 Night Whitby Break October 4th – 8th

I always anxiously, and frequently, look at the weather forecast of my holiday destination as the date of the break approaches. Ten days ahead of the Whitby break the forecast looked reasonable, a few days later it looked quite sunny on some days, then two days before the break, the weather looked awful for one of our days causing me to reschedule the activity programme. In the event most of the bad weather was delivered overnight and those of us who stayed close to Whitby had fine dry and often sunny weather.

Forty one of us made our way to Larpool Hall, a beautiful stately house perched on a hill with grand views, on the outskirts of Whitby. We had exclusive use of the hotel and soon set about rearranging the lounge furniture to create a great group atmosphere. It was wonderful, as u3a members, to be able to socialise again.

On a couple of days, guided walks were on offer and we all made our own choices whether to join the walks or do our own thing. The two long walks were around 9 miles and quite challenging in places. Did I receive complaints about steep hills and difficult stiles? I couldn't possibly comment. I think the pub stop towards the end of each walk provided compensation.

After our evening meals we had a variety of activities on offer. A version of "Family Fortunes", a musical quiz hosted by Mike Chapman, a skittles night and a game of "Pointless" on the last evening.

The manageress of the house remarked on what a lovely, happy group we were.

We all departed on the final morning having perhaps indulged in more big breakfasts, three course meals and wine than we should have but our spirits had been lifted.

Roll on October 2022 when we are booked in to "take over" Holnicote House, Selworthy on the edge of Exmoor.

George

Forecast said rain all day!



We all made it to the top of the 199 steps to Whitby Abbey.



Cliff walk wasn't all flat.



The going was tough at times.



Time to look back over Whitby.



Pub stop in Ruswarp as the steam train passed.



GENTLE CYCLING GROUP

The forecast for the day scheduled for our October ride was for heavy thundery showers so the vote was to give the outing a miss. It turned out to be a wise move. However, a group of eight of us were available to try again the following Monday.

This was a much better day with lots of bright sunshine. We set off from Ullesthorpe Garden Centre and headed down to Ashby Parva. We then took the quiet Dunton Lane to Dunton Bassett and turned left to head up and down the hills to Leire. Turning right in the village we enjoyed another downhill section to Broughton Road. We tried an untested route here which led us on a tarmac driveway up to a farm after which it turned into gravel track through fields and over cattle grids to reach the Old Fosse Way. We all managed to negotiate this successfully and fortunately there were no punctures! From here the route took us to a much needed coffee stop at Fosse Meadows. The journey back was up to Frolesworth, right and up and down the hills to Ullesthorpe, with the final hill being somewhat challenging. The vote at this point was to take the longer, gentler climb back to the Garden Centre via Ashby Parva. A very enjoyable morning. The total distance was a healthy 14 miles.

The next ride will be on **Wednesday 17th November**, details to be announced. If you fancy joining us you will be very welcome. Electric bikes welcome. Just give me a call on the above number or email me - sueandpeter.creeden@taltalk.net.

[Return to Contents](#)

ENGINEERING, SCIENCE AND TECHNOLOGY

ESTG Visit to RAF Cosford 12th October 2021

This was the first event for the Engineering group for some 18 months and was organised by Tony Allen originally back in 2019 but that was as far as it got.

Mindful of the current situation regarding Covid, Tony and myself decided we should have a 49 seater coach but only allow a max of 30 passengers allowing almost everyone to have a double seat of their own, the invitation for the visit had also been opened up to all Wycliffe U3A activity groups and resulted in 26 attendees.

On our arrival at RAF Cosford, Tea, coffee and cookies had been laid on for our members to enjoy after the hour or so motorway journey, together with a general chat about what could be seen on site by one of the museums volunteers.

The Museum has undergone quite an up lift in recent years along with many of the exhibits on show being transferred from RAF Hendon with even more to be housed at RAF Cosford when space allows.

After being dropped off at the front entrance, the group had around 6 hrs to relax first with a tea or coffee and 'Cookie' before exploring the various covered exhibitions, outside sited planes and Themed areas such as the New Cold War Building and WW1/ WW2 Hangers.

Throughout the day, the Restaurant offered lunch time food and snacks and an opportunity to sit for a while.

The members who had joined us for this, our first outing back, all agreed that the visit had been somewhat of a treat after being so long with limited travel opportunities.

There are far too many things to see and enjoy than can be outlined and listed here, so the only thing that can be said is look at the photos attached, visit the website and go and see for yourself and I promise you shouldn't be disappointed.

I would like to take the opportunity on behalf of those members who attended the day, to thank Tony Allen for organising this excellent event.

Chris Ridley

Next ESTG Event – Tuesday 9th November at 10:00 , Talk by Christopher Tarratt on **“Dutch Attack on London and the Royal Navy Fleet”**

This will be held at the Lutterworth Rugby Club, Ashby Lane, Bitteswell. LE17 4LW

Entrance and restaurant area



Prototype Hall



Cold War Exhibition Building





WW1 and WW2







4th WEDNESDAY WALKING GROUP

October 2021 Walk Report

It wasn't raining and it wasn't cold but the sun was on strike. Not bad though for October. There were 22 of us who met at Elmesthorpe to meet the challenge set by Stephen Carter and Rawdon Bottom. From the village hall we walked back along the main road through the village to reach a country lane (this part of the walk was a compromise as the leaders had found when checking the route that the quieter country path was overgrown, and impassable.....ah the joys of leading). Once on the lane it was quieter. We did have a little "incident" but to avoid embarrassment I will leave it at that. Turning off the lane we passed through a farm selling, it purported, 1000 pumpkins. Nobody in the group stopped to buy one. Once across some fields we entered Burbage Woods and passed under the railway tunnel onto the common. One member was desperate for a break and was displaying the upside down cup message to the leader and then, miraculously, the visitors centre appeared in the distance and it wasn't a mirage. Once refreshed we set off again across the common, which was very busy with other walking groups snaking there way along. We returned to the start via the common and then onto a lane. A pleasant unchallenging walk with no hills! Thank you Stephen and Rawdon.

Peter Creeden

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Walk on Wednesday 24 November 2021

Walk Organiser:- Vicki Davis

Meeting Point and Time:- Lutterworth Recreation Ground Car Park at 09.25 am to leave at 09.30 am.

Start Point and Time:- Bouskell Park, Welford Road, Blaby. Post Code LE17 4FT

Depart at 10:00am. No toilets.

Directions to the Starting Point:- Leave Lutterworth by the A426 towards Leicester. Upon reaching the first roundabout at the start of the Blaby bypass take 2nd turning into Blaby and the 2nd turning on R just before Petrol Garage (Western Drive). At T junction turn L for approx. 1/4 mile until reach car park on R. Also please see post code above.

Route and Distance: This walk includes local roads and footpaths, canal towpath, disused railway line and country park. Most of the surfaces are very good with no stiles. Depending on the weather it might be muddy! Distance: 4.5 miles.

Lunch Arrangements:- None have been made but The Old Vicarage. Whetstone (LE8 6JH. Tel: 0116 2784247) is approx.. 5 mins drive from car park and offers a good range of food and prices.

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U3A WEDNESDAY WALKING GROUPS

ADVANCE NOTICE

CHRISTMAS WALK & LUNCH

Peter Moore, with the assistance of Peter Creeden, is planning a Christmas walk & lunch on 15 December 2021.

For details of the lunch please contact Peter Creeden (Tel: 01455 557888). He will need to know ASAP if you would like to join us and will need to have details of menu choices and have received payment by 1 December 2021

Details of the walk are below.

Date of Walk :- Wednesday 15th December 2021

Joint Leaders :- Peter and Irene Moore. Tel.- 01455 552594 Mob:- 07931 568792

Meeting Point and Time : Lutterworth Recreation Ground car park at 9.10am to leave at 9.15am.

Start Point : Old Crown, 466, Aldermans Green Road,(B4109) Near Bulkington. CV2 1NP.

Leaving at 10.00am.

Toilets available.

Directions to Start :- At Magna Park A5 island take 3rd exit to Wolvey and straight on towards Shilton, after 1 mile turn right into Bulkington,(B4112) Van Garage on corner continue, s.o. towards Coventry, after ½ mile turn left onto B4109 Coventry Road. After 2 miles Pub on left, corner of Lenton,s Lane. Car Park before Pub. To return home, in Bulkington follow B4112 Rugby, turn left at crossroads into Wolvey and back track home. Return distance from Lutterworth 24 miles

Route and Distance. Turn right from Car Park , after 300 meters, right at Place name board on to footpath, continue to junction of paths, turn left over 2 large fields and exit onto Main B4109 road, s.o. through Hollyhurst fishing lakes to join canal, turn left towards Hawksbury Junction. This is a very interesting place with the junction of canals, bridges and pub on the toe path. Take the bridge to cross the canal and continue almost in the opposite direction, exit at the next Canal bridge, turn left and return to the pub for a well earned Christmas Lunch.

Approx 4 stiles. 4.75 Miles.

A pleasant walk through farmland. The canal puzzle is interesting

SNAIL'S PACE WALKING GROUP

October Walk



On Friday 15th October, fourteen of us enjoyed amazing autumnal weather – crystal blue skies and a smiling sun – as we set off from The Bricklayers, Sharnford.

We took the lane running alongside the Soar Brook to Fosse Meadows and then walked through fields and copses to the Sand Martin Hide, where we paused to view the wildlife before continuing on our way.

Sheila Morgan entertained us with anecdotes of the Gruffalo as we entered a wood on the home straight – no real encounters unlike the fictional mouse!

To round things off we had a good lunch and chat at The Bricklayers with attentive and friendly staff.

A warm welcome to new member of the group, Valerie Connelly, who joined us.

Thanks to Sheila Morgan and Fran Nott for organizing this event.

November Walk: Friday 19th November



Our walk will start from the car park of The Bricklayers Arms (213 Main Street, Thornton, LE67 1AH) at 11.00 am after we have pre-ordered lunch (see below for details). There is a path direct from the car park of the pub to the circular walk around Thornton Reservoir. The walk is approximately 3 miles long. It will be largely on gravel paths, but it can be a bit muddy after rain.

Directions from Lutterworth to The Bricklayers Arms, 213 Main Street, Coalville, Leicestershire, LE67 1AH.

1. Take the M1 North, from Lutterworth , leaving at Junction 22.
2. Take the A511 exit to Ashby/Coalville.
3. At the roundabout, take the first exit onto Cliffe Lane (signposted Stanton, Thornton).
4. At the next roundabout continue straight over onto Cliffe Hill Road.
5. Take the next left into Elliotts Lane and then right onto Broad Lane.
6. Broad Lane turns slightly right and becomes Markfield Lane.
7. The next left is Main Street and the pub is on the left.

Lunch

We will have lunch at The Bricklayers Arms. Phone: 01530 230808. We can pre-order at 10.45 am before starting the walk.

If you want to see the lunch menu beforehand the website address is:

<https://www.bricklayersthornton.co.uk/>

If you would like to come on this walk can you please contact me on:

01455 251809 or email mandycutler@sky.com by **Tuesday 16th November.**

POETRY GROUP

The topic for the month was **October**, a month which included special days for coffee , smiles, cats and poetry , plus there was a world space week and a celebration of black history. Additionally October offered Hallowe'en and Autumn as subject matter, so there was certainly plenty of material to choose from.

We read poems on all the above subjects, including classics such as Binyon's "Burning of the Leaves" and Maya Angelou's magnificent "Still I Rise". Smiles and Autumn were probably the main topics but there were also some good spooky poems for Hallowe'en and some amusing cat poems.

November's topic will be "Foreign Lands", so again, plenty of scope. The venue will be Hamish's house on 25th November.

[Return to Contents](#)

GARDEN GROUP

I have always wanted to visit Batsford Arboretum and fortunately this month, there were 13 other members who wanted to join me. It did not disappoint.

We left Lutterworth on the Community Minibus and had a very pleasant ride down the Fosse Way - until we reached Moreton in Marsh! As usual on market day the traffic was extremely slow. However, once through the town we arrived at Batsford and were welcomed by staff member, Helen, who gave us a potted history of the Arboretum, explained where to find the essentials and issued us with maps.

Algermon Freeman-Mitsford inherited the estate in 1886. Having worked for the Foreign Office in Japan and China he had very much enjoyed the oriental landscape. This influenced his natural design of the garden and the types of plants and trees that were introduced. The estate moved into the hands of the Wills family after the 1st World War and during the 2nd World War became overgrown. In 1956 Frederick Wills, the 2nd Lord Dulverton inherited Batsford and restored it to its former glory. He introduced Birch, Ash, Lime and Magnolia trees to name but a few. Since his death in 1992 the Arboretum has been owned and managed by a charitable trust. Today there are about 1,300 different trees, shrubs and bamboo. Batsford offers colour and interest in every season but is particularly beautiful this time of year. The red Japanese Maples particularly stood out but there were browns, oranges, yellows and lime greens with a background of dark green conifers. Pathways meandered through the gardens and there was something to see at every turn, a lake, streams crossed by Japanese style bridges, Japanese Rest House, thatched cottage, cave, ice house and many interesting statues.





We also had time to have a look round the extensive garden centre and gift shop! Our only frustration was the café. It was half-term which possibly made it busier than usual but the service was rather slow.

We are now moving indoors for the winter season. The next meeting will be on **Tuesday. 23rd November at 2.30 p.m. at Gilmorton Village Hall.** We have a talk by Ian Retson on The National Forest and the Woodland Trust. This will be followed by refreshments. The cost will be £4.00 per person.

If you would like to come along, you will be very welcome. Please just let me know by email: sueandpeter.creeden@talktalk.net or the phone number above.

FRENCH CONVERSATION

28 October 2021

We started with an exchange of news and then did a short translation. We divided into groups and asked questions designed to get to know more about each other.

The next meeting will be on 25 November 2021 and will be the last this year. Keep an eye on your emails for details.

[Return to Contents](#)

PHOTOGRAPHY GROUP

OCTOBER 2021 REPORT

Our meeting was once again via Zoom and we had seventeen members joining.

The topic for the month was “Archways” this following on from our last speaker – Neil Phillips – who used arches to great effect in his Travel Photography presentation.

The brief was to use an “Archway” to frame a view either externally or within a building. The archway to be traditional (brick or stone) or contemporary in steel or glass. The overall aim to define the subject beyond the arch.

Needless to say the group members rose to the challenge and we had over 70 photographs submitted for viewing. Canals, buildings, bridges, trees and even a spiders’ web were included. A selection of pictures will be available on the u3a website.



Our November picture topic is “Halloween” and “Guy Fawkes Night”. We are asking members to explore some of the settings on their cameras that are perhaps seldom used. Low light and /or action settings etc. to capture the moment.

We will be meeting again via Zoom for our November meeting - Friday 26th starting at 10:00am.

Our meetings are open to all u3a members, and we encourage any member to get in touch (e-mail address below) and we will be delighted to send you an invitation. All you need to join us is an iPad or Android tablet, a PC or smart phone with the Zoom program loaded and that is it.

wluacamera@outlook.com