



Come and join us on Thurs 8th December for some Christmas Cheer.
The duo 'Zing' are entertaining us with some songs for the season.
Looking forward to seeing you at the

Methodist Church Lutterworth from 10am onwards

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Link for all our [Interest Groups](#)

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NOTICES

Bulletin Reports

Articles, reports, news items etc. for inclusion in the next bulletin should be sent to the editor:

trudyhaddon.rylands@gmail.com

Deadline for inclusion in the next bulletin: on the last day of the month.

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CHRISTMAS IS COMING SO PLEASE SAVE THE USED STAMPS FROM YOUR CARDS

As you know, Liz White of Lutterworth U3A is collecting used stamps on behalf of **Medical Detection Dogs**. They can be any used stamps (even just 1st or 2nd Class) but please could you ensure they have approximately a 1cm (roughly a finger's width) surround.

Please bring them along and give them to Sue Creeden at the monthly meeting in the New Year. Alternatively, you can pop them through her door – 25 Holly Drive, Lutterworth. Sue will then pass them on to Liz.

Many thanks

Sue

CARD GAMES

Coordinator: Cynthia

It's great to be playing Cards again after Lockdown. We met on the second Friday of the month at 10 o'clock at my house; there were five of us. We played a special game of Rummy for an hour; broke for coffee, then we had a game of Whist playing individually as we were an odd number. Finally with time to spare we had a game of Sevens.

We would be glad for extra people to join us. We meet twice a month on the second and fourth Friday morning from 10 - 12. We are happy to remind members the rules of the games for those that haven't played for some time.

Cynthia



LIVELY DISCUSSION

Coordinator: Dot

Meeting held on 14th November 2022

Ageing is a natural process of declining bodily functions. Our species has chosen medical interventions to combat ageing. Have we gone too far?

One hundred years ago, the average life expectancy in the UK was 51.5. Today it is about 81.5, so, in the course of a century, our life expectancy has increased by 30 years. However, increased life expectancy doesn't necessarily mean a good quality of life too.

General Health Care

In 1922, many of the treatments we now take for granted were non-existent. There were no organ transplants, no joint replacements, no bypass surgery, no chemotherapy or radiotherapy, and the range of drugs available was much more limited – in particular, there were no antibiotics, the development of which revolutionised the treatment of infections. Most of these have been developed in our lifetimes, so now doctors have a whole raft of treatments at their disposal, and consequently we are all living much longer.

Everyone in the group had examples of parents and grandparents who had died because these treatments hadn't yet been developed.

Because of all the developments in medical science, better health care and hygiene, better access to food and reduced child mortality our expectations have also increased. People tend to think there must be a solution to all medical problems, and are unwilling to accept that not everything can be cured even today. The human body is a highly complex machine and all the parts need to work together if we are to remain fit and well, We should accept that as we grow older various bits of us are not working as well as they used to. It is amazing that the body often continues to work so well into our 80s and 90s.

Another big change is how doctors work. A hundred years ago, a GP would do all sorts of things from surgery to obstetrics as well as what we would now consider the role of the GP. The complexity of modern medicine has led to everything becoming highly specialised, so one sees a different doctor for every different part of one's body. The danger of this is that no-one is looking at the whole person, and considering all their needs. As we grow older, most of us will have a variety of health

problems but each one will be addressed by a different specialist who does not always take into consideration the other health issues of the patient.

However, some of the “side effects” of all this progress need to be addressed. Having so many specialists often means visits to a number of doctors for the same condition, usually on different days. It also requires meetings to consider individual cases (usually for patients who are in hospital) which is time-consuming and difficult to arrange because everyone is so busy. In Leicestershire and Manchester there are “one stop shops” for the treatment of cancer. If a patient needs surgery, they can see the surgeon, the anaesthetist and possibly the oncologist all on the same day prior to the operation taking place. This service may be available elsewhere too.

“The Book about Getting Older” by Lucy Pollock who is a geriatrician, is a book in which covers this. A geriatrician has to look at all the health conditions of their patients if they are to help. We certainly need joined up thinking and treatment for dementia, cancer, strokes and other heart disease. Even though you may be housebound you can live a full and rewarding life if the relevant treatments and support are available.

She also writes about the dangers of over prescribing. Many older people swallow enormous cocktails of drugs on a daily basis and often have no idea why they are being given them, nor are the side effects of all these medications always taken into account, and every drug has some side effects

She quotes an exercise in which she gave her students six different medicines which had been prescribed to an 87 year old patient who went to the doctor with a pain in her knee, and asked them to work out why they had been given:

Ibuprofen an anti-inflammatory drug was prescribed for the pain in the knee, but then she was given amlodipine because the Ibuprofen increased her blood pressure. This caused her ankles to swell and instead of trying something different for the blood pressure, she was given furosemide because the swollen ankles might be a sign of heart failure. The side effect of this drug was to make the bladder overactive so she is given oxybutynin, which calms the bladder down, and this in turn caused dry eyes and constipation, so eye drops and laxatives were added to the list. All but one of these drugs was given to deal with the side effects of the previous one and a little more thought might have prevented this.

Sometimes, this prescribing cascade is unavoidable – opioid painkillers have to have a side order of laxatives, and a drug prescribed for Parkinson’s disease actually has a built in antidote to the vomiting which the main drug could cause – but cascading prescribing should be avoided.

And then there are the drugs which are prescribed as a preventative measure. For example statins are widely used at the slightest sign of increased cholesterol, but these, like all drugs, have side effects, and it might be better to address the issues

which cause increased cholesterol first. There are other risks to prescribing so many drugs to older people, some of whom can be a little confused and can get the doses wrong. It is not uncommon for elderly patients to end up in hospital as a result.

More thought should be given as to whether all drugs prescribed for a patient are really necessary, because every drug has side effects.

Cosmetic Surgery

Another area of development is cosmetic surgery. This was originally started to treat patients who had been badly disfigured in the First World War, but now is also widely used by those who want to repair the ravages of time, and there have been some very dubious practitioners making a lot of money from people's vanity.

Costs

In 2016 data showed that an 85-year-old man costs the NHS about seven times more on average than a man in his late 30s. Health spending per person steeply increases after the age of 50, with people aged 85 and over costing the NHS an average of £7,000 a year. Spending on health services across all age groups was £2,069. Average spending is higher for males until they reach 15 and once again after their mid-60s. Once they hit 80, men cost the NHS 8% more on average than women of the same age.

Dignity in Dying

The discussion then turned to the ending of life. A very moving description was given of what happens in Belgium where the Health Service facilitates the patient being able to choose whether or not to continue with treatment when (s)he is terminally ill. The patient invites family members and sometimes friends to be present when (s)he chooses to die, so everyone can say goodbye and see their loved one depart peacefully. One of those left behind described his brother's death as 'beautiful'.

The Lancet:

A study done at Stanford University in the US showed that 88·3% of doctors would not want invasive or intensive medical intervention at the end of their lives and would opt for a do not resuscitate order (DNR) for themselves.

Maintaining hope at the end of life is very important, but managing expectations and changing outlooks so that this hope is focused towards quality of life, not just quantity of life, might mean that more people get the good death that they deserve. So do we need to increase the quantity of life before we can enhance the quality? We certainly hope that there will be progress towards quality!

Advance Decisions

If you made an Advance Decision - Living Will:

Should you lack capacity to make a decision about your treatment and have previously made a so-called Living Will refusing medical treatment, the healthcare professional in charge of your care must decide if it's valid and applicable. If it is, they must follow it.

No Advance Decision:

Your family members and other people close to you (including your next of kin) don't have any legal authority to make decisions about your care or treatment if you lack capacity. Although they should be consulted, the healthcare professional does not have to follow what they say.

The only way to give someone the legal authority to make decisions on your behalf is by making a Lasting Power of Attorney (LPA) or a Welfare Power of Attorney if you live in Scotland.

One group member's relative, who is a hospital doctor, was forced to carry out CPR on an elderly lady whose heart was giving out at the natural end of life, because she was unable to contact relatives and there was no LPA. Sadly the patient's ribs were broken and she died 24 hours later – heartbreaking for the doctor forced into that position, as well as the relatives.

The vast majority of the public support a change in the law on assisted dying for terminally ill, mentally competent adults. Statistics are as follows:

- 300 dying people end their own lives in this country every year
- 84% of the public support the choice of assisted dying for terminally ill adults
- 44% of people would break the law and help a loved one to die, risking 14 years in prison
- 80% of religious people support an assisted dying law
- 86% of people with a disability support a change to the law.

We all supported changing the laws on assisted dying along the lines of those in Belgium, Holland, Canada and some US states.

Often preventative medicine seems to have been overlooked. Many modern diseases result from poor diet, lack of exercise and government being driven by cost and the next election rather than the health and wellbeing of the nation. Short term planning or no planning at all has compounded soaring NHS costs. If nutrition and cookery were taught in schools many cases of diabetes, obesity and heart conditions would be avoided, and fewer overweight people would result in fewer hip and knee operations etc. Joined up thinking is vital.

The question posed was “Have we gone too far?” On balance, we do not think we have, because without the benefits of many of these medical developments we would not live such long lives in relatively good health.

AND we all need to remember that we are not immortal and not even modern medicine can keep us alive for ever!!!!

Visitors welcome, please contact Dot Barnard dot.barnard@uwclub.net 01455 208190

We meet on the second Monday morning of each month at 10.30am.

2022 TOPICS

- November – Our species has chosen medical interventions to combat ageing. Have we gone too far?
 - December – Christmas meeting
-

PAINTING GROUP

The relaxed, loyal members of this creative group, meet on a regular weekly basis, enjoying tea, biscuits and cake during the break. Tuesday from 2-4pm is our winter time meet, when gardening with dementia friends is on hold.

Between 6 and 8 are regular participants, with abilities across the range.

Watercolour, pastel, charcoal and pencil are the media of choice, as acrylics and oils are unsuitable in a carpeted room. Each “artist” is encouraged to develop his/her own style, selecting stimulating subjects to pursue. Occasional observation exercises assist drawing skills and individual guidance is given on technique and composition, Friendship and sociability are key factors.

Chris

1st WEDNESDAY WALKING GROUP

Joint Co-ordinators :- Peter Moore and Kay Bliss

Date of Walk :- Wednesday 4th January 2023.

Driving distance:- 8 miles each way.

Walk Leader :- Peter Moore

Meeting Point and Time : Lutterworth Recreation Ground car park at 9.15am to leave at 9.20am.

Start Point : Friendly Inn, Frankton, SE of Rugby, Warwickshire. CV23 9NY. Leave 10.00am.

Toilets available.

Directions to Start :- Take A426 into Rugby, at the T- junction after the large bridge turn right, signed Princethorpe, after the large offset Island filter left towards Princethorpe, at T-junction turn left (opposite Garden Centre) after 1 mile on straight road ,turn left to Bourton and Frankton, turn right into Frankton. Pub at far end of village on right. Car park at rear of Pub.

Route and Distance: Exit the car park onto the main road, turn left, after ¼ mile turn right onto footpath, at road turn left, after ¼ mile turn right onto farm road and left towards (Old Railway) exit at bridge, turn left at road and right and left onto footpath (Old Railway) exit at bridge, take footpath towards Hill Farm turn left and return to Pub via footpaths and road.

Distance. 4.85 Miles 1 stile.

Good and varied choice of food , extensive lunch time menu. Gluten Free Food available.

Lunch time Special – 2 for £16.00p

Order before Walk.

Summary. Great start to the New Year, Varied walk, mostly field paths, some quiet road walking , mostly on hard standing. Fairly flat walk.

Next Walk. Crick, Northant's. 5 miles. 2 Stiles.

Peter Moore and Kay Bliss

GARDEN GROUP

Our speaker in November was Bridget Blair, a former local radio journalist and presenter and a blogger on various subjects including gardens and gardening. Her talk was entitled 'Gardens Galore and the Garden Media Season'.

Bridget first explained that she worked for many years as a journalist and presenter on local radio and several programmes on Radio 4. Her gardening interest started when she stood in for Dave Andrews on Radio Leicester's 'Down to Earth' programme on Sunday lunchtimes. The programme travels round Leicestershire and Rutland visiting gardens of all sizes, public and private, allotments and village projects, etc with a team of experts who discuss the plants and ideas, and answer visitors' questions.

She went on to say that one of her first visits was to the Eastern Walled Garden (our Group visited this summer) and was blown away with its beauty and charm. She particularly remembered the smell of the sweet peas. Whilst there she was told about the Garden Media Guild, a group of Garden experts, designers, writers, speakers, etc. Through the Guild she has met many very interesting people in the gardening world.

She then spoke of the garden shows held throughout the year, firstly Malvern, a particular favourite, then followed by Chelsea, Gardeners' World Live and Hampton Court. In her work at these shows she has interviewed many famous gardening experts including Monty Don, Carol Klein, Rachel de Thame and lots of garden designers.

She also mentioned some gardens well worth a visit, some local such as Sulby Gardens and some further afield, Hever Castle for example. (I apologise, I can't remember them all!)

Finally, she briefly reviewed some of the gardening books that have been published this year.

A very interesting afternoon with some amusing stories along the way.

There will be no meeting in December.

Sue

GENTLE CYCLING GROUP

Co-ordinator: Sue Creeden
01455 557888

November was another month in which we were lucky enough to enjoy two rides.

We met again at Ullesthorpe Garden Centre for the first one. It was a chilly and breezy morning. Five of us set off riding through Ullesthorpe and down to Claybrooke Parva. After the church we turned left and up to the A5. Safely crossing over, we headed down Penn Lane to Coalpit Lane and turned right along Coalpit Lane/Mere Lane over the Fosse Way and almost into Wolvey. However, a right turn beforehand took us to Cropston Magna. We took a short break by the church in this pretty hamlet before pedalling on up to High Cross. Crossing back over the A5 we cycled down through Claybrooke Magna, Claybrooke Parva and back up the steep hill into Ullesthorpe. This is definitely a walking hill! Our return to the Garden Centre was, as usual, via Ashby Parva – a much gentler option! It seemed a busy day traffic-wise but a fairly easy 12 ½ miles – apart from the Ullesthorpe hill of course!

The following week, again five of us (but not all the same five) met at the Garden Barn at Cotesbach. This was a rather more exciting outing. We set off down the very rough, rather hazardous track at the side of the Garden Barn which took us through the quarry/landfill area to Lutterworth Road and into Shawell. Turning left in the Village we puffed up the hill, over the M1 and into Swinford. The village was unusually busy for some inexplicable reason so our right turn to Stanford Hall took a few minutes. After a short break, again by the church, we pedalled slowly up towards South Kilworth. As we were approaching the Rugby Road, we noticed a few horse boxes parked up. This is where the fun started! The hunt was in full swing but, as they are no longer allowed to hunt foxes, it seemed as if they had chosen U3A Cycling Group members instead! We were taking advantage of the downhill bit when we suddenly faced about 30 or 40 horses with a pack of hounds galloping towards us. They were all over the road and on the verges of both sides, seemingly totally out of control. We had little choice but to stop and let them pass. Having made it into South Kilworth we headed out on the Walcote Road and, struggling up steep the hill, the same thing happened. This time they attacked us from behind, galloping past us at full speed – chased closely by a fleet of 4 x4's and farm trucks. Fortunately, at the top of the hill they turned into a field and were gone. Having negotiated all the vehicles strewn along both sides of the road, we were left in peace for the rest of the ride. In Walcote we did a left and left again to head up to Swinford Corner and back to the Garden Barn via the track. Against three forecasts I had checked that morning, the weather was beautiful – bright sunshine and clear blue skies. Who could believe we could enjoy our après ride refreshments outside yet again this month.

Our next ride will be on **Wednesday, 14th December at 10.00 am**. The starting point and route to be confirmed. If you fancy joining us, we will be very pleased to see you. Electric bikes welcome. Just email me - sueandpeter.creedon@taltalk.net or call me on 01455 557888.

FRENCH CONVERSATION

24 November 2022

We had a good chat, mainly in French, and discussed our Christmas Lunch on 8th December. Pearl kindly produced a lovely article about a visit to France to stay with a family. The next meeting will be on 26 January 2023.

Sue

HISTORY GROUP

Co-ordinator : Viv

Report for the U3A History Group November 2022

PLEASE NOTE. Our next meeting will be at Ashby Parva village hall on
TUESDAY 6th. 2pm til 4pm

**Remember that parking must be on the roadside so do share cars if you can.
Do not use the Hollybush pub car park. They have refused permission to let us
park there and you will get locked in!**

When Witchcraft was a Crime

Our meeting was on All Saints' Day which is the day after Halloween so the topic for the first part of the meeting seemed appropriate. It's all a bit of fun these days but Witchcraft was deadly serious in the past and, between the 16th and 18th centuries, it was a capital crime. The premise behind this was that it was a felony because witches 'caused harm' and so, in Britain, convicted witches were hanged. In Europe the crime was social and religious and so witches suffered the horrific punishment of being burned at the stake, because their crime was that they had consorted with the Devil.

This was not a small matter in people's lives. In fact, a remarkable 'Witch Hunt' occurred in the 16th and 17th which was the result of a great swell of fear and superstition that swept through society. Shakespeare's Macbeth portrays the stereotypical witches that scared people in the 17th C and his audiences would have recognised every reference. There are many reasons why this phenomenon occurred just then. It arose from a toxic combination of factors including religious change, extreme social and economic stress, fear and ignorance. The evil influence of witchcraft seemed to explain everything that went wrong, such as why there was so much illness, why bad weather occurred and caused crops to fail or why someone apparently healthy might die suddenly. They reasoned that something must be making this happen and with no scientific knowledge available, coupled with dogmatic religious teachings that the Devil was everywhere, this seemed to be the logical answer. The whole complex movement within this rigid paternalistic and hierarchical society was also inextricably linked to the issue of control, particularly of women, who were seen by the church to be erratic 'daughters of Eve', ever susceptible to the temptations of the devil. Therefore, women were both mysterious and potentially dangerous. In a world where all women understood herb lore as part of their domestic duties, it was only a small step to suspicion and fear if things went wrong. The trigger could be something as simple as a petty argument with your neighbour or being seen talking to a pet cat or dog just before something bad

happened. Coincidence and fear lay behind many accusations but some were motivated by malice or revenge. Most villages would have a 'cunning woman' or a cunning man who acted as unofficial doctors. This was an ancient practice but in this fearful period in history, it left them open to accusations even when they were known to be a force for good. Such local tensions are obviously age-old but the big difference in terms of treating witchcraft as a crime was that in the 16th /17th centuries is that any accusations began to be taken seriously by the monarchy and social elite, who acted as judges and represented the Law. Once Henry VIII, Elizabeth I and James I were convinced, others followed and so it became a crime.

In England, changes in attitude started to be seen by the reign of Charles II from the 1660s, when new knowledge and understanding emerged so the Witch Hunt died down as the 'Enlightenment' began. This intellectual movement dramatically changed our society during the late 17th and 18th centuries and laid the foundations for our own times. This period was notable for some great intellectual giants, such as Isaac Newton, John Locke, Edmund Halley and Robert Hooke. There were many more. It is fortuitous that so many brilliant people should be born at this time but crucially the attitudes of those in power had shifted so people of influence were receptive to new ideas. Charles II led the way as a patron and others followed the King. Many wealthy and influential men now devoted themselves to the pursuit of science rather than witches.

The significant advances in the knowledge of science, medicine and philosophy in the later 17thC made the belief in witchcraft seem superstitious and ignorant and it was gradually rejected by all but the lowest levels in society. Fewer and fewer cases were brought to court in the later years of the 17thC and the last witch was executed in England in 1682. However, occasional cases came to court but the last to be tried and convicted was Jane Wenham in 1712. Luckily for her, times had changed and she was pardoned by Queen Anne. The crime was finally removed from the statute books in 1736.

Viv's presentation examined the story of witchcraft in England within the context of extreme religious change during the turbulent Reformation, both through national events and some real Leicestershire cases.

The story of the witches of Husband's Bosworth in 1616 became very famous. John Smith was a boy of 13 who had begun to have strange seizures. Under the influence of these he accused a group of local women of attacking him with curses and spells. The local people were alarmed and took this very seriously and soon, those in authority stepped in. Eventually, 9 local women were taken to be interrogated and tried in Leicester. King James was an expert on witchcraft and had written a highly acclaimed book called '*Daemonologie*' about the topic so when he heard of this shocking case, he came to Husband's Bosworth Hall to investigate. Although James was convinced that witchcraft was real, even he could spot a tangle of invented stories and crazy accusations and John Smith was dismissed as a hysterical child.

The eminent judges who had tried the case in Leicester were criticised by the King which destroyed their careers. Unfortunately, this intervention did not save the 9 women as they had already been hanged. This case set an important legal precedent as the evidence of a child in any case was dismissed for several centuries afterwards.

Another local case occurred in the Vale of Belvoir in 1618/9. It's notable because the main accusers were the Earl and Countess of Rutland of Belvoir Castle. Joan Flowers was probably what we think of as a stereotypical witch. Old, ugly, ragged, foul mouthed and ignorant but also someone who sought attention. She rather encouraged the reputation that she had special powers and she was generally disliked. She and her daughters were servants at Belvoir Castle but Joan was dismissed for some misdemeanour and she left shouting curses. Unfortunately, her words were remembered when not long afterwards the Earl and his family fell ill and Henry the young heir died. Later, a second son, Francis, also died.

People put 2 and 2 together and Joan was summoned for examination and taken to Lincoln, along with her terrified daughters. According to contemporary accounts, a strange thing then occurred. Joan denied any responsibility, took a small piece of bread and declared that she wished this bread would choke her if she was lying. She ate it and, to the shock of all around, she did choke and died! Of course, this was all the proof they needed (if indeed it really happened)! Her daughters, Margaret and Philippa were then interrogated and they 'confessed' all, including how their mother had a cat who was a 'familiar'. They said they had stolen a glove from the Earl's family, stroked the cat with it and then returned the glove. This had caused the Earl's child to die. Such elaborate details were probably created by the inventive questions and coercion they endured. Perhaps they hoped to escape if they gave some information blaming their mother. If so, that didn't work and the girls were hanged. Unfortunately, as often happened, they were also persuaded to name other witches and three more local women were arrested and hanged. The case became notorious. We know the unpleasant details as they were described in a contemporary pamphlet written by John Burns in 1519. The tomb of the Earl's young sons, Henry and Francis, can still be seen in Bottesford Church. The inscription states they died '*by wicked practises and sorcerie*'.

There were several other examples, from Ursula Kemp in Essex in 1582 to the infamous witches of Pendle in Lancashire in 1612. We also looked at the brief but devastating career of the self-appointed Witchfinder General Matthew Hopkin who was active between 1644-47 in East Anglia after the crisis of the Civil War. He alone was responsible for the conviction and deaths of at least 230 people (including some Anglican clergymen who had tried to stop him). Luckily, although Hopkin's bizarre work and strong influence on many people were truly terrible, this point proved to be the beginning of the end for the witch hunt in England.



‘The witches of Belvoir with their familiars’

from John Barnes’ pamphlet. 1619.

<https://www.bottesfordhistory.org.uk>

Part 2. Family History

‘Who were the Madleys?’

In the second part of the meeting, Viv introduced a proposed topic on our own family history for a meeting next year. She told the story of some of her ancestors, the Madleys of Monmouthshire and the search to discover whether stories in the family of wealth through owning ships were true. This involved transcribing wills, digging into parish records and also visiting the village where they lived in the 18th and 19th centuries. There was much to be discovered. (The stories also turned out to be true!)

Hopefully, some members of the group will feel inspired to tell us something of their family history. This Family History meeting is proposed for March 2023.

Viv

FOURTH WEDNESDAY WALKING GROUP

NOVEMBER 2022 WALK REPORT

We woke on the morning of the walk with the rain battering on our windows, however this did not deter 17 brave souls plus dog from venturing out. As we assembled at The Red Lion Sapcote, the sky cleared, and we were bathed in sunshine for our entire walk! We set off promptly (1 minute early in fact) and missed one of our walkers who arrived a little late. Using her initiative, the latecomer guessed our route and we met up halfway round as she had walked the route in reverse. Due to the heavy rain in recent days, we encountered a few flooded areas. Those of us with high sided boots were mostly ok, those in walking shoes had soggy socks.

I was aware of one of our number having difficulty with the pace and needing the support of another. It served to remind me of the need for all of us to make a reasonable assessment of our distance/stile/hill climbing ability before joining a group. It also reminded me of the need to always appoint an official “back stop” who has immediate phone contact with the walk leader.

15 of us stopped for lunch at the end of the walk and judging by the volume of chatter all were having a good time. Those who chose the fish seemed to do particularly well, “Moby Dick” came to mind as I saw them being served up.

George Robertson.

POETRY GROUP

Our topic this month was Modern Female Poets which gave us an opportunity to re-visit many of our favourite poets- Wendy Cope, Carol Ann Duffy, Gillian Clarke and Pam Ayres all made more than one appearance.

We agreed that 'modern' included poems written in the 20th and 21st centuries although one written in 1888 by Amy Levy 'A Ballad of Religion and Marriage' sneaked in lamenting that a woman's value was based almost solely upon her marital status.

One member also chose poems from living poets only including Amanda Gorman who, age 22, some of you may remember reading her inspirational 'The Hill We Climbed' at Biden's inauguration.

We ranged from the tragic to the joyful, the comic to the inspirational and even two anticipating Advent and Christmas.

Our next topic, in the interest of equality, will be Modern Male Poets, the next meeting January 26th. I will leave with a short poem by Pam Ayres which I think many of us can relate to:

How we laughed when our father went deaf
We thought him as daft as a brush,
But now, as we shout, 'WHAT?' and 'PARDON?'
I hope he is laughing at us.

Seasons Greetings to everyone

Anne

PHOTOGRAPHY GROUP

November 2022 report

Due to foreseen circumstances, I was unable to provide a report for our October meeting and I am therefore including it in this month's report.

The October monthly picture theme was "Gold" and as usual we had a wide range of subjects, but as you can imagine we were very grateful for some lingering Autumn colour. A sample of our pictures will be on the gallery section of the Wycliffe Lutterworth U3A website together with November's pictures in early December.

Following our review of our pictures, we looked at the work of professional photographer, James Callaghan. James is based in Leamington Spa and works in the corporate sector producing pictures for advertising campaigns. James earlier career was as a F1 mechanic and with this background he secured many commissions from luxury car brands, and we viewed some stunning pictures, interesting even if you are not a 'petrolhead'. As a break from his commercial work James has his own 'Gallery' where he sells fine art photographic prints, and he has produced some excellent pictures of his hometown of Leamington Spa.

Inspired by the pictures of James Callaghan our November topic was 'Automotive' and our members really stretched the subject description. You can judge for yourself if you go to the website picture gallery at the beginning of December.

John Haddon, the club secretary of the Lutterworth Photographic Society Co-op, gave us a presentation of the pictures that formed part of their annual exhibition that took place in August. We viewed some wonderful award-winning pictures with something to please everyone. Each month we look at our own efforts and those from professional photographers and it was great to view pictures from knowledgeable and talented 'club photographers' and a standard that with a lot of effort we could aspire too. Indeed, some of the pictures were from a number of our own members who are also members of the Lutterworth club, and we were grateful for their insights when we discussed their individual submissions.

For the first time we shall be having a meeting in December and consequently we have a guest speaker, Michael Colechin. Michael is a chartered engineer working in the energy technology industry, but interestingly he is also a professional photographer, and he will be talking about how his engineering background has affected his approach to landscape photography which is his preferred subject.

Our December topic is 'Humour' a topic I have refused to explain, so it will be a surprise to see how this topic is interpreted.

Our December meeting will be on Friday 16th December 2022, 10.00 am, in the Ullesthorpe Village Hall and it will be extended to include some Christmas snacks and drinks.

As usual, our meetings are open to all U3A members as a regular or as a guest. If you would like more information e-mail us at the address below.

wlu3acamera@outlook.com.

Michael Bates



ETHNIC DINING GROUP

Coordinators : Peter and Penny Ross

We choose restaurants serving food from around the world, some familiar, some more unusual. Everyone is welcome to join us, regularly or occasionally.

In January we will be visiting an Indian/Nepalese restaurant.

The details are as follows:

Wednesday January 11th 2023 at 7.30pm

Avatar Dining

16 Market St

Lutterworth

LE17 4EH

If you wish to join us please contact us by January 5th at the latest.

Penny & Peter Ross

email: penelopeross.ross@gmail.com

Tel: 01455 272797

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PUB LUNCHES GROUP

Coordinators : Peter and Penny Ross

Meeting friends, old and new, to enjoy lunch at a variety of pubs in local villages, many of which we are visiting for the first time. Everyone is welcome to join us, regularly or occasionally.

In January we will be visiting The Grey Goose in Gilmorton.

The details are as follows:

Wednesday 4th January 2023 at 12.30pm

The Grey Goose

Lutterworth Rd

Gilmorton

LE17 5PN

If you wish to join us please contact us by 29th December at the latest.

Penny & Peter Ross

email: penelopeross.ross@gmail.com

Tel: 01455 272797

U3A Snail's Pace November Walk - Friday 18th November 2022



Eight of us - and the delightful Rosie - met at the Union Wharf in Market Harborough. We strolled along the tow path towards Lubenham, admiring the waterside properties as we went - complete with summer or tree houses.

On reaching the bridge on the new development, some of us returned the same way, others choosing a parallel path, taking us back onto the tow path and to the wharf.

It was a beautiful, sunny day and we enjoyed each other's company, the lunch at the Langtons Garden Centre afterwards, as well as a browse around the Christmas displays. A huge thank you to Sheila and Fran for organizing this very enjoyable outing!



No walk in December.

I will be in touch about 2023.

Best wishes, Mandy.

ART APPRECIATION

NOVEMBER MEETING REPORT

This month we went to Compton Verney in Warwickshire to visit two very different exhibitions.

Reena Kallat: Common Ground



Reena Saini Kallat's solo exhibition *Common Ground* was a carefully woven tapestry of themes, investigating notions of borders, migration, inequity and citizenship. She uses maps, rubber-stamps, flags and the constitutions of nations as tools to address political and social boundaries and global inequalities. Based in Mumbai, India, Kallat's own family's past overlaps with the partition of India and Pakistan in 1947, and the division is a thread that runs through the exhibition. The friction between manmade and natural boundaries is also a recurring theme in Kallat's work, with rivers and the types of flora and fauna officially assigned to represent nations becoming part of a glossary of signs through which she questions hierarchies of power and notions of enmity and harmony.

The exhibition was very thought provoking and we spent time reflecting on conflicts around the world and the reasons for them.

Dutch Flowers



This exhibition explored the development of Dutch flower painting from its beginnings in the early 17th century to its heyday in the late 18th century. It featured a selection of the finest examples of Dutch flower paintings from the National Gallery's collection.

At the turn of the seventeenth century, Netherlandish artists such as Ambrosius Bosschaert the Elder were among the first to produce paintings that exclusively depicted flowers. The sudden emergence of this genre was undoubtedly linked to the development of scientific interest in botany and horticulture. By the 1630s speculative prices for the most coveted bulbs and flowering plants had reached spectacular heights – the so-called 'Tulipmania'. Although prices soon crashed, the Dutch enchantment with flowers endured.

The earliest flower paintings were flat, symmetrical arrangements comprising flowers from different seasons. Over the course of the seventeenth century, bouquets become more relaxed, with symmetrical rhythms and a willingness to overlap even the costliest flowers to create a more natural sense of depth. By the end of the following century, flower paintings were considered largely decorative, with a lighter palette more in keeping with 'modern' tastes. Many of the paintings also featured insects, shells, fruit and vegetables. These paintings were not as thought provoking as the Kallat works although they did give some insight into the social history of the time.

Some of us then had a go at creating our own paper flowers in origami – not always successfully – to become part of a large wall display.

Over an enjoyable lunch in the restaurant, we spent time discussing our thoughts and impressions of both exhibitions.

Next meeting: December 29th 2022, 2-4pm in Bitteswell Village Hall

We will be having an ART QUIZ (Hope it is not too difficult!) prepared by one of our members followed by rather special refreshments. Each member is asked to bring a miniature cake, decorated in any style or period - from prehistoric to abstract - trying to build in the “WOW” effect!!! The cakes will be displayed anonymously whilst we try to guess who decorated each one. Finally, we get to eat them!

In January we are proposing a visit to the “FRIDA KAHLO” Exhibition at the Reel Store in Coventry.

ENGINEERING, SCIENCE AND TECHNOLOGY

Co-ordinator: Chris

November ESTG Event - Visit to The British Motor Museum at Gaydon organised for the group by Tony Allen

This month the Engineering group visited the Museum dedicated to vehicles made in Britain or collaboration with British motor manufactures.

The Museum is housed in nice new building and enclosures at Gaydon Warwickshire home of JLR and recently Aston Martin's new home.

After checking circa 23 members in at the reception area, the group filed through halls in the main building which displays specimens of pretty much all of the British car industry made this century, exhibited as beautiful examples of long gone vintage classics, the downside of this was the halls constantly rang to the call of *"I used to have one of those !"* or *"you know my mate used to have one of these".....*

There is a separate building dedicated to showing and restoring the Jaguar Marque. Ground floor of this building houses a range of classic and special model Jaguars which are all beautifully displayed along with examples of the famous engines which in racing trim, powered works cars to success in the 50's and 60's at Le Mans, Goodwood etc other prestigious racing tracks and in a later era sponsored by tobacco brand 'Silk Cut' with the 750 bhp Jaguar V12 engine in a car prepared by Tom Walkinshaw Racing and capable of 245 mph.... several of the actual cars are in the main building together with an example of Jaguars fore into F1 in 2000 -2004....

Moving upstairs on to the first floor, visitors can look down from a first floor balcony on to the restoration workshop where specialist mechanics repair and restore classic Jaguars (and possibly other marque's if they can afford it).

On this same first floor they have assembled a most interesting collection of prototypes, one off's and limited production runs from classic British Leyland companies like Rover, MG, Austin, Wolsey etc, most of the group members found this floor o be one of the most interesting range of exhibits in the museum.....

Anyone interested in British car manufacture cannot fail to enjoy this trip down memory lane and a visit is highly recommend .

My thanks go to Tony Allen who organised the days visit including minibus transport for the group, all members attending expressed their appreciation to Tony for sorting the day, well done.

Chris Ridley











Committee Members

<u>Office</u>	<u>Name</u>
Chairperson	Chris Brady
Vice Chairman	Colin Beadle
Treasurer.....	Ruth Bones
Secretary	Nigel Burt
Membership Secretary.....	Ann Hetherington
Minutes Secretary.....	Anne Dean
Speaker Finder.....	Andrea Nichol
Interest Group Co-ordinator.....	Colin Beadle
Membership Records.....	Andy Hetherington
Committee Member.....	Nigel Bones
Committee Member.....	Peter Ross
Committee Member.....	Sue Poulter
Committee Member	Hamish Paterson

Note: Any committee member can be contacted via our email address:

thewycliffelutterworthu3a@gmail.com

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