

Monthly Meetings

Welcome to the Wycliffe Lutterworth U3A. We meet on second Thursday of each month at the Methodist Church Hall. Tea, coffee and biscuits available from **10am – 10.30am**. An opportunity to meet friends old and new, book exchange, information about trips etc.

Our guest speaker this month is:- **Caroline Burrows**

Turning Pedals into Poems

is Caroline Burrows' one-woman poetry show, which she tours sustainably by bike.

Join Caroline for an hour of poems on themes ranging

from her adventures by bike; from moongazing and observations on the Sun, along with others about trying to be more environmentally friendly,

mental health, love, social commentary, and trees.

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ETHNIC DINING GROUP

Caretaker Co-ordinators : Denise and Geoff Taylor

Traditionally, we choose restaurants serving food from around the world, some familiar, some more unusual. Everyone is welcome to join us, regularly or occasionally. We meet on the second Wednesday in the month.

In August we are staying local and visiting the:

Sunar Gow, Station Road, Lutterworth on Wednesday 9th August at 7.30pm.

If you wish to come along, please let us know by **Wednesday 2nd August.**

Thank you.

Denise and Geoff Taylor

07711086927 – please leave message.

denisetaylor551@gmail.com. Please put Ethnic Dining in the Subject Line.

Thank you

1st WEDNESDAY WALKING GROUP

Due to my injury, the July Walk has been cancelled.

and the August Walk is postponed.

We need a new co-ordinator and Walks organiser for the future.

Is there anyone willing to take over ?

I will guide you through the process, and help in any way that I can.

Contact Peter Moore 07562086800, email; peter79moore@gmail.com.

May I take this opportunity to thank Alan and Mike for all they did to get both me and my car, safely home. Thank you so much.

Peter

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Please bring along your used stamps to the next meeting

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. Alternatively, you can pop them through her door – 25 Holly Drive, Lutterworth. Sue will then pass them on to Liz.



Many thanks.

Sue

* * * * *

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

trudyhaddon.rylands@gmail.com

Deadline: last day of the month.

CARD GAMES

This month our card group agreed to play Canasta. It is quite a difficult game until you get familiar with the rules. There were five of us playing each time, two of whom were novices but with help from the rest of us they soon got to grips with it. It is certainly a card game well worth learning.

New members are welcome to join our group. We meet on the second and fourth Friday of the month from 10 – 12pm.

Cynthia

POETRY GROUP

The topic for June was "Entertainment and Pastimes". We read and discussed poems on a variety of pastimes - flying, diving, TV, theatre, cinema, football, art and poetry and others. We even read a bit of Shakespeare with excerpts from "As You Like it" and "Measure for Measure".

Many of the poems were humorous.....I especially liked Charles Causley's "Jolly Hunter" which always makes me smile.

The next meeting is on July 27th at Dot's House and will be a free session. August's topic will be "Towns and Cities"

Sylvia

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“Long Walk” WEDNESDAY 2ND AUGUST

Using the “first Wednesday” slot following the cancellation of Peter Moore’s walk.

This is the walk I cancelled last year because of the forecast high temperatures. We will be walking through the Oxfordshire countryside south west of Banbury. The distance to the start point is about 35 miles (1hr journey time). Use **OX16 9UL** as a post code, this is for Saltway Farm shop. Drive past the farm shop entrance on your left and then look out for the small car park on your right about 0.25 mile further on just after the back of the Banbury town sign. The entrance is not signposted.

My satnav has taken me a couple of different ways. One way was via Daventry, pretty run but a bit twisty, the other picked up the Fosse Way at Brinklow to Princethorpe then A423 to Banbury. Fairly traffic free run.

The walking route is approximately 10 miles with 5 stiles all in the first half. Mostly good paths and a bit uppy downy. We will pass a castle, a watermill, through pretty villages and have some spectacular views at times. Coffee break will be near Broughton Castle where “Shakespeare In Love” was partly filmed. Then on for lunch at the Red Lion in Bloxham. <https://www.the-red-lion-at-bloxham.co.uk/> which is about half way round. We had their fish and chips which were excellent. I did notice a sandwich order being delivered to a nearby table and that also looked very good.

We will have a short break on the banks of a reservoir about 2 miles before the end of the walk so save some coffee and a bun.

The Red Lion have indicated that they would like about 3 days notice of menu choices if we have a group of 10 or more to ensure that they can fulfill the order and meet all dietary needs. They also regularly change the menu so suggest that you make your choice in late July using the link above. Let me know your choice and I will send a group order.

The car park for the start of the walk is quite small and that combined with the travel distance, it makes sense to car share. I can offer two places. It would be helpful to me if you could express an interest at this stage and whether you can offer or would like a lift. We will meet at the Lutterworth Recreation Ground car park to sort out transport and leave at 8.45am. I expect to set off on our return home at around 4.00pm. Responses to george9high@hotmail.com. Or ring me on 01455 559725.

Thanks. George Robertson.

Motorcycle Interest Group

Ride out June 2023 - Lincolnshire

The days “were” getting longer, no rain forecast - ideal weather conditions for a ride into Lincolnshire.

Nine of our group joined the ride to The Fens. Whilst the “destination” was not that far we wanted to explore some quiet roads and enjoy the ride so travel time was always variable.

Our original plan was to visit two museums - in between enjoy a lunch - and home in time for tea!

We met on a Friday in Lutterworth at 09:30 hrs. Given the size of the group we elected to split “into two” if traffic conditions dictated. A rendezvous point on the A47 to the East of Uppingham had been agreed as the first stop if we got separated - which inevitably happened in Market Harborough.

We all got to the rendezvous point but it was an interesting scenario when the first group travelling East met the second group travelling West on the A47 outside Uppingham.

Duly reunited - a few miles on we stopped at Morcott Services for a comfort break. The services were being refurbished, other than fuel, but a former Little Chef now - A Taste of India (Rutland Point) - proved an excellent venue to have tea / coffee and a few bacon cobs. The staff were very welcoming and accommodating to a group of “mature” bikers on their doorstep.

Next target was our first museum. The route took us on the A47 around Peterborough and a simple left turn onto the B1167 to Throckenholt. Although the group did get separated at times in heavy traffic on the A47 it was with “precision” that all nine bikers (together) peeled off onto the B1167 which lead to the Museum located on the Old South Eau Bank, Throckenholt.

So - to the Museum of Technology (The History of Gadgets and Gizmos). This is a small - very modern - museum tucked away off the beaten track. To say it is full of excellently preserved and displayed items is a total understatement. I am sure anyone who visits will find something they can relate to and brings back a lost or deep memory. I did wonder however how many people actually owned some of the exhibits. As an example -an electrically operated tie press of the 1950’s from Pifco!



Lurking in the ShadowsIt's hot in the Sun in in Motorcycle Gear.



Press Button B – to see if coins have been left.



Recording Top 20 with Alan Freeman



For the well groomed man.



I had one of these.

The staff / volunteers were wonderful and incredibly knowledgeable – plus a supply of tea / coffee with biscuits.

Time was marching on so the second museum - Gordon Boswell Romany Museum - was not a realistic option. A short distance away was the Route 47 Steak House and after encountering a very busy A47 we arrived to enjoy a rather late lunch. Route 47 could probably be described as an American themed diner with a large display of sporting and music memorabilia. Excellent venue, meals and service.

Friday afternoon traffic on the A47 does not present the best of riding conditions so we decided to “ride our own ride” on the way home. All got home safely. Approx. 130 - 140 mile round trip.

A tremendous day out, excellent riding and company - and another museum yet to visit.

Next month - I think we are heading to Derbyshire?

Reminder to group members. “Keep the shiny side up and the rubber side down”

Colin

Lively Discussion

Meeting held on June 12th 2023

Our topic this month concerned the effects of so called green modifications to restrict traffic flow in many neighbourhoods around the country. These include low traffic neighbourhoods (LTNs) and ultra low emission zones (ULEZ) as well as complicated cycle and pedestrian routes at busy junctions. These schemes are mainly designed to reduce the use of fuel and therefore air pollution. Both of these benefits are very positive, but the changes have often been badly thought out and have upset residents who rely on their vehicles and businesses alike.

Automatic Number Plate Recognition (ANPR) is also frequently used to charge drivers for entering restricted areas if their vehicles exceed the permitted emissions. These attempts have not necessarily had the required effect, but has just moved the problems somewhere else.

There is also concern about the damage caused by heavy electric cars and longer lorries, particularly on rural roads and the potential safety of many bridges and multi-storey car parks which were not designed to cope with the extra weight of these vehicles.

According to a recent review by the Institution of Structural Engineers, many of these require urgent and significant strengthening. Some councils are even considering banning electric cars from these car parks, rather than paying for expensive alterations.

Many authorities do not have the funding available to deal with normal maintenance costs for roads, especially if they have implemented costly traffic schemes.

Climate change and the continuing damage to the environment caused by the use of fossil fuels, not only in travel, but also in food production and other industries was also discussed. The richest 1% of the world's population cause more than twice the carbon pollution of the rest.

The idea that you can offset your individual pollution by planting trees is definitely sending the wrong message. It is the 1% of so called frequent flyers that account for 40% of the emission of carbon dioxide from air travel.

We were all concerned about the future and felt that joined up thinking, if it ever happened, could help to address what is an obvious and very serious problem.

U3A - Snail's Pace Walking Group

June 2023 Walk



On a sunny and warm day, six of us enjoyed a lovely walk around the Swift Valley Country Park in Rugby.

The scenery and wildlife in this quiet backwater exceeded expectations. Damsel flies were abundant amidst the grassland and the historic ridge and furrow is still very much in evidence. With the shade of the old canal towpath providing welcome relief, we headed for the carpark and then onto to Cotesbach where we had a leisurely open-air lunch at the Yard Café.

Thanks to Viv and Sam for organizing this walk.

July 2023 Walk: Friday 21st July

Daryl has kindly volunteered to organize the next walk. Here are the details.



We will meet at the Glen Parva Manor,
The Ford, Glen Parva, Leicester, LE2 9TL

Please meet at 10.45am to order lunch and the walk will start at 11am.

The walk goes along a quiet country lane to South Wigston and back along the canal, with the option of including a walk on paths around Bouskell Park in Blaby. It is about 3 miles and a little further if we include the Park. There are no stiles.

Directions from Lutterworth to Glen Parva Manor, The Ford, Glen Parva, Leicester, LE2 9TL

- Take the A426 towards Blaby
- Stay on the A426/Blaby bypass around Blaby
- At the 4th roundabout take the 1st exit onto the A426/Leicester Road
- At the traffic lights turn right onto Little Glen Road/B582
- After 0.6 miles, and just before a mini roundabout, turn right onto The Ford and follow it round to the car park.

Lunch

We will have lunch at Glen Parva Manor. Phone: 0116 2477604
You can see the menu at:

<https://www.glenparvamanorpub.co.uk/menus/>

We will meet at 10.45am to order lunch.

Contact

Please let me know by **Monday 17th July** if you would like to join us and whether you are having lunch.

Email: daryl.graham@btinternet.com Phone: 07722 904977

Snail's Pace Walking Group

New Walkers Welcome.

We are a very friendly group of people who enjoy a bit of exercise, the opportunity to socialise and a pub lunch afterwards - optional, of course!

Our walks take place on the third Friday of the month, starting at 11.00am.

The walks are 3 miles or under, as a guide, and we try to avoid stiles that require a climb!

If you want to come along, you will be most welcome. Just get in touch with me on 07724 124094.

Best wishes, Mandy Cutler.

U3A Garden Group

Trip to Elton Hall and Gardens, on Thursday 15th June



Eighteen of us enjoyed a day out at Elton Hall, a romantic, part-Gothic historic house near Peterborough in Cambridgeshire, that has been in the Proby family for 400 years.

The weather was glorious. We had a lovely lunch at the adjacent Mulberry Cafe, based at Bosworth's Garden Centre in the walled garden.

After this, we were accompanied by our two guides as we walked to the hall for a private tour before the house opened to the public. Our guides gave us a very informative talk: the hall contains a wealth of paintings by Constable, Millais, Joshua Reynolds to name a few.



Every room contains treasures and there is a wonderful collection of porcelain and books. The library, one of the largest in private ownership, possesses such treasures as Henry VIII's prayer book. We were not able to see the original, but there were photocopied pages available showing the annotations by the king.

The gardens did not disappoint: awarded the Historic Houses Judges' Choice Garden of the Year in 2021, on display are topiary, glorious herbaceous borders with stunning blue delphiniums, a sunken lily pond and an orangery garden.

I would recommend this venue for a visit – it took us an hour each way in the minibus.

Mandy Cutler

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Gentle Cycling Group

Co-ordinator: Sue Creeden
01455 557888

Our first ride in June was on a delightfully warm sunny morning. Seven of us set off from The Elms, rode over the motorway, down the lane to Misterton and along the footpath to Walcote. We then crossed over the A4304 and headed to South Kilworth. Then came the hill! We pedalled to the top and took a left to Stanford on Avon. After a water break we cycled on through Swinford and up to Swinford Corner. Here we had a choice for our return trip. I think it was a unanimous decision to take the slightly longer route via Walcote and retrace our wheels back to The Elms for a refreshing drink.

A week later we had another good day and again seven of us (a slightly different seven) were available for a ride. This time we set off from Ullesthorpe Garden Centre, headed down to Ashby Parva and left to Ullesthorpe. We pedalled down the hill to Claybrooke Parva and on to Claybrooke Magna. We then turned right and puffed up Frolesworth Lane (the first of several challenging hills) and turned left at the top to reach Frolesworth village. The next section was a lovely whiz down Broughton Lane before turning right and back up to Leire. A quick breather here before heading back towards Frolesworth but turning left Ashby Parva. We then retraced our wheels back to the Garden Centre to enjoy a sociable coffee in the garden.

The next ride will be on **Wednesday 12th July**. If you fancy joining us, we will be very pleased to see you. Electric bikes welcome. Just email me - sueandpeter.creeden@taltalk.net or call me on 01455 557888.

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FOURTH WEDNESDAY WALKING GROUP

June 2023 Walk Report

The walk lead by Tony Allen started at the Bulls Head, Wolvey (despite there not being crumble on the menu). Paul Butler was supposed to be leading as well but he had hurt his knee while sailing.

The weather was not hot but not cold. The sun was a bit shy but it didn't rain. There were 21 of us who started, on a very flat route, walking out of the village to enter fields. After a magnificent wide path we then made our way on footpaths along the sides of fields which were a little overgrown making walking difficult. However, we were soon on the very quiet (except for a bin lorry) Coal Pit Lane. We followed the lane until it became a track and onto the barns at Wolvey Wolds where we turned off it to go back towards Wolvey. For those interest if we had kept going straight on we would have reached the main road to join the Coal Pit Lane that goes back to the Cross in Hand roundabout on the A5.

We then walked on a footpath along the side of fields to reach the end of Wolds Lane where we stopped for a break. Starting off again we walked along footpaths along the sides of more fields, again they were a little challenging because they were overgrown. We then crossed a bridge over a brook to find the leader a little nonplussed as to which direction to go because the farmer had sown his wheat crop without leaving a footpath. Considering his options he headed towards Wolds Lane where we had to cross a low fence to reach the lane. I give the leader the benefit of the doubt that it was not a stile (as he had advertised it as a "no stile walk").

We then took the lane back to Wolvey meaning we missed the field with the horses.

Back at the pub 13 walkers dined and for the record Tony had to settle for jam sponge for dessert.

Thank you Tony for leading the walk and Sue Creeden for volunteering to be the back marker in the absence of Paul

Peter Creeden

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FOURTH WEDNESDAY WALKING GROUP

Co-ordinators:- Sue and Peter Creeden (Please use your U3A website if you need to contact us)

Wednesday 29 July 2023

Walk Organisers: The Rollestons & Frosts

Meeting Point For Lifts:- Lutterworth Recreation Ground car park at **09.25am** to leave at **09.30am**.

Start Point and Time:- The Pig In Muck Claybrooke Magna (LE17 5AY). For those wishing to pre-book the carvery at the pub, parking is available in the car park. Otherwise there is limited car parking along Manor Road. No toilets available. Depart at 10.00am.

Directions to start:- Head to Bitteswell, then Ullesthorpe, Claybrooke Parva and Claybrooke Magna. Go right through the village and the pub is on the righthand side (after the right turn to Frolesworth).

Route and Distance:- After walking a few yards along the road towards High Cross we take a track leading to Fosse Meadows where we will stop for a break. There is a mobile cafe serving good coffee ice creams etc. We then do a circuit of the area before returning across fields to the starting point. Pleasant countryside. Distance just under 5 miles and only 2 stiles,

Lunch Arrangements: Pre-booking the carvery is essential (Tel: 01455 202859). Please mention that you are with the Lutterworth U3a walking group.

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ART APPRECIATION GROUP

We met at the NEW WALK MUSEUM in Leicester to view the “PUNK” Exhibition.

In the late 70s PUNK exploded across Britain. Disillusioned, angry young people could not see a future for themselves. Their frustration was channelled through this Youth Subculture. The Exhibition brings all the Rage and Revolution back to us in an extremely well put together show. We are being helped to remember those years with photos, videos, authentic clothing and of course music. The detailed text material provided solid information on fashion (Vivienne Westwood), art, music, ideology and attitudes.

The Extended Exhibition, just across the road, explored and provided an interesting take on the Punk Youth Culture then, seen through young people's eyes today. Parallel attitudes can clearly be detected.

Over a light lunch in the Museum's Cafe we discussed and compared this period and exchanged many memories.

There will now be a summer break.

Next meeting : 8.9.2023

ENGINEERING, SCIENCE AND TECHNOLOGY

Co-ordinator: Chris

June event to Everards Brewery.

For our June event, Tony Allen arranged a visit to **Everards Brewery on the 90 acre site at Everards Meadows** Fosse Park for 10 ESTG members.

Our tour guide was the **Experiences Manager Claire Cannell** who has been with Everards for some 14yrs in various capacities and Claire's experience certainly gave the group vast amount of technical detail each stage reached during our tour through the production process.

After the initial tour induction and video of the Everards family history in brewing, Claire ran through the current management structure which is **still family owned showing the succession line now in its 5 generation the hands Richard Everard Chairperson.**

Thursday is a brewing day so we were able to see the process in action so to speak.

Modern Breweries are an art form of Stainless Steel piping, Valves and pumps connecting various Vessels in which the 'Wort' travels on its way to becoming beer, but first we sampled a selection of barley and hops which are used specifically to each particular beer recipe, quantities and condition of these ingredients remains a strict commercial secret.....

The Brewing Process seen by the group.

1. A cask Ale process starts with 30 min Milling of the barley after which it is added with hot water to the first infusion mash Tun for 2hrs.
2. This then transferred to the 2nd Tun (called a Lauter Tun) for grain separation and straining resulting in a clear liquid wort ready for pumping into the 3rd vessel.
3. The 3rd Kettle Tun subjects the wort to a whirlpool effect for around 2hr 40min finally clear any solids in wort.
4. The wort sugars are now at their peak and after cooling for 1hr in a separate vessel, Yeast is added to start the fermentation process in one of 3 vast containers, the liquid will remain fermenting for around 6 days in here where it will finally become an unfinished ale!

5. After fermentation it is 'Racked ' or settled for 1day in another container before being transferred to casks ready to be shipped to the Everards warehouse for one weeks conditioning.
6. Its journey by road to the Everard pubs for a further conditioning time of 4 days is the last piece of the process before finally being ready to be consumed and enjoyed by customers.

From start to finish the process takes around 3 weeks give or take a day but once "tapped " at the pub it's shelf life is 3-4 days so the landlord can't afford to hang around with it !!!!

Following the tour, Claire arranged for each member to taste 3 types of beer in 33cl sample glasses in the Beer Hall so we could all appreciate the different types brewed at Everards Meadows.

Totally separate to the tour, Tony Allen had booked a table in the Beer Hall restaurant where the group had lunch and a chance to finished off our tour "samples".....

I would like to thank Tony for all his effort in organising this great visit for the group and the group would like to thank Claire Cannell for making our tour both enjoyable and so informative. Chris Ridley





PHOTOGRAPHY GROUP

June 2023 report

Last month's guest speaker, Ian Swingler, set us the task of incorporating a composition technique known as "leading lines" in our monthly picture topic. "Leading lines" requires the photographer to find a "line" in the image that will take the viewers eye from, generally, the foreground of the picture to a subject or vanishing point in the background of the picture.

Although we have reviewed techniques of composition previously, and briefly mentioned leading lines it was some time ago and have not had this as a topic before. We therefore had a presentation of the topic looking at examples of the technique. We discovered that leading lines should provide a definitive "line" in the picture and can be a path, a road, a river or interestingly a line of vertical objects such as columns or lamp posts. We were encouraged to look for these "lines" in everyday life as practice for when we are out and about with our camera or phone looking for subjects to photograph.

We decided to look at our pictures after the presentation and each member was asked to assess if their pictures had met the criteria set out for "leading lines" as an aid in composition. We had many pictures, all good, but with varying degrees of success in the application of the technique. However, if you can find a line use it, if not and you like the view, take the picture anyway. Sometimes you will have found a line subconsciously and it will become apparent when you review the image.

Thanks to all who submitted their pictures, and we had some fun with gentle and positive review discussions.

This month's topic suggestion was "bugs", benign or otherwise insects in the garden. The gardeners in the group were horrified that we would find bugs in their garden, so the topic scope was broadened to become "Garden Wildlife". Typically, this can be insects such as beetles, butterflies, moths, bees, and even small birds, providing they are found in a domestic garden. If your garden is devoid of wildlife, be sociable, there must be many U3A colleagues who will welcome you to their garden, but don't forget the cakes.

We are continuing our meetings through the summer and our next meeting will be on Friday 28th July 2023, 10.00 am, in the Ullesthorpe Village Hall.

As usual, our meetings are open to all Wycliffe Lutterworth U3A members as regulars and other U3A members as guests. If you would like more information, e-mail us at the address below.

wlu3acamera@outlook.com.

Michael Bates



Ann Hetherington



Stephen Carter



Barbara Maiden

Committee Members

<u>Office</u>	<u>Name</u>
Chairperson	Colin Beadle
Membership Secretary.....	Andy Hetherington
Secretary	Hamish Paterson
Treasurer.....	Nigel Bones
Groups Co-ordinator.....	Colin Beadle
Speaker Finder.....	Andrea Nichol
Minutes Secretary.....	Anne Dean
Beacon Administrator.....	Andy Hetherington
Committee Member.....	Ruth Bones
Committee Member.....	Sue Poulter
Committee Member.....	Michael Bates
Committee Member	Sally Wood

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

thewycliffelutterworthu3a@gmail.com

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