



www.u3arugby.org.uk

Charity Number 1094479

'Sharing Knowledge to Learn from Each Other'

New Members

We would like to welcome the following new members: Sue Goddard and Penny Jeffers. Please look out for them in your Groups and Monthly Meetings and help them to quickly feel part of our organisation.

Sad News

We are sad to announce the death of Pam Southwells. Please see the end of the newsletter for a tribute from her friends. We are also saddened by the death of one of our founder members, Mary Hinde, who died at the age of 97.

Dates for your Diary

Coffee Morning Drop-Ins

Monday 9th September at the **Kanko Coffee Lounge**, 41 Clifton Road, Rugby, CV21 3PY (corner of Bath Street and opposite the Lawrence Sheriff school).

Monthly Meetings

12th September 2pm to 4pm

Kate Mawer, Uncovering the History of a Northamptonshire Farmhouse.

10th October 2pm to 4pm

Richard Lloyd Owen, Opera Emnporio

Singing songs from the shows and light popular opera. Please book your seat in Monthly Meetings on the u3a website: click onto Opera Emporio, scroll down and select how many seats you would like. £2 for u3a members, £5 for guests; to join u3a for the rest of the year and your seat: £12; to join the u3a for the rest of the year and next year and your seat: £15. This will help us with catering and fire regulations. Pay at the door at meetings.

We are advertising outside of the u3a group and the event will be attended by the Rugby Mayor, Simon Ward.

14th November 2pm to 4pm.

Amanda May, The National Grid: National preparedness for the forthcoming demands on the electricity supply.

Frances Marchant: francesamarchant@gmail.com

Summary of August Monthly Meeting

Our speaker Andrew Lound gave a riveting presentation on Shackleton at the August monthly meeting.

He started by painting a picture of Shackleton's early life, which included starting at the bottom as a deck hand in the Merchant Navy before quickly rising through the ranks; his subsequent relationship with Falcon Scott, which was not always smooth, on previous expeditions to Antarctica and then on to the focus of the presentation which was the ill-fated trans Antarctica expedition for which he is best remembered.

By 1912 when the expedition was proposed the South Pole had already been conquered by Amundsen in December 1911, but a challenge remaining was to walk the length of Antarctica over the South Pole.

Recruitment and the securing of funds began in 1912, and the expedition eventually set sail two years later August 8th, 1914, only a few days after the outbreak of World War 1. Shackleton had offered his services and that of his crew and ship to the Prime Minister towards the war effort which was declined on the basis that it 'would all be over by Christmas.'

Nearly four months after setting sail Endurance reached the Whaling Station in South Georgia. Two days after leaving South Georgia the vessel encountered pack ice. Two months later by the middle of January 1915 Endurance was trapped and remained so for a further nine months until the end of October at which point the ice crushed the ship and it was abandoned finally sinking on November 21st, 1915.

The crew survived on the ice for a further five months until April 9th, 1916, when the boats were launched to reach the uninhabited Elephant Island which was achieved six days later.

On 24th April Shackleton and two other crew members set sail for South Georgia in one of the boats arriving two weeks later having survived a 750-mile journey through the Southern Ocean. Arriving on the 10th May there followed a ten-day trek across uncharted territory to the whaling station. Three months later the remainder of the crew were rescued from Elephant Island. In total the expedition had taken 24 months and 22 days.

The facts and figures of this exploit are extraordinary and speak for themselves, but it was recognised at the time and continues to be so now that without the leadership of Shackleton, he and the twenty-seven other crew members would not have survived. It is impossible to distil the qualities of Shackleton as a leader and a man in a few words but suffice it to say, modern leadership training continues to rely on the example he set over a hundred years ago.

Andrew's delivery of his presentation – he had trained as an actor - was particularly powerful and conveyed the character and personality of Shackleton in a very dramatic manner that added to the enjoyment of his talk.

As a postscript, when Shackleton got home, he asked how the 'war had gone' which of course still had two more years to run!



Brian Radesk

Sir Ernest Shackleton’s ship “The Endurance” lay in the icy waters off the Antarctica for more than a century, 10,000 feet down on the Weddell Sea floor.

It was found on 11th March 2022 sitting upright in an amazing state of preservation. A testament to the ship’s original builders and designers.



Fran Marchant

Group News

Getaway Group - Farm Visit

The Getaway Group visited Farmer Barnes Dairy Farm near Melton Mowbray on 21st August. The trip was suggested after a talk to the u3a by Jane Barnes on her work on the farm she runs with her husband and son. The farm has been run by the same family for nearly 100 years and have over 300 Friesans and Ayrshires supplying yearly over 2million litres of milk to the stilton cheese makers in the area.



We spent an interesting morning in the town of Melton Mowbray visiting St Mary's church, the local Carnegie Museum and, of course, Ye Olde Pork Pie Shoppe.



The farm visit included a tractor ride round the farm, watching the cows being milked and the calves being fed. Everything was entertainingly explained by Jane and the afternoon concluded with tea and cakes, crackers and hunks of stilton.

Janette James

Photos by Pat Kingham and Susan Perry

Bridge Beginners Plus

Since my last article we have been treated to a great set of refreshments through the wonderful baking ability of Carroll Durand, I feel sorry for the members who missed this special treat.

Helen White plays a mean game of bridge, but it is obviously nothing compared to her pickleball playing. In the recent ALL ENGLAND FINALS she came home with 2 silver medals, and I am sure you will all join me in wishing her our very best congratulations for such a feat.

Finally, if we can attract 6 or more u3a members who wish to learn the game of Bridge from scratch we are planning to run a new term in the autumn on a Thursday at 12.30 for 1 hour per week. If you are interested in getting more details, please email me at davidbagpipes@outlook.com or call me on 01788823065.

David Harrison

Carry on Cruising

We changed venue for our August meeting, and it was great to host 13 Group members at the United Reform Church Rugby which will remain our venue going forward. The topic for the meeting was River Cruising and Steve Woodford and Sandie Seakins gave highly informative talks on their experiences.

Sandie gave a comprehensive account of the various cruise companies and cruises that she had experienced. She brought along maps, brochures, river cruise maps and books (Berlitz and Insight) covering River cruising in Europe and America.

Steve talked about his experiences and gave great insight to life on board, layout, cabins, tours, food, and drink.



Dawn Fassam

Tribute to Pam Southwells



At the end of June, we were greatly saddened by the death of our lovely friend Pam Southwells. She had suffered heart and breathing problems, but this was unexpected. She had only just turned 62. Several Rugby u3a members had known her for over forty years through Rugby Eighteen Plus Group. She always kept in touch and was full of life and love for everyone, so leaves a big hole in our lives.

In u3a her reduced fitness meant that the Ambling groups were beyond her capability. She had wondered about starting a "Pottering" group but wasn't in a good position to take this on. Pam was, though, a much valued member of the Bake and Share Group. She joined in 2023 and brought her sense of fun, kindness and enthusiasm along every month. She was very generous, and often made lots more bakes to share, particularly when we looked at international recipes. Pam used to live in Sweden, and she loved to make Swedish cakes and biscuits. She would tell us all about the Swedish festivals and the origins of the bakes she loved to make and eat. She will be sadly missed.

Marie Daniel, Fern Hodges and John Robson

Appeal for more copy

Now that the new email system and website are up and running, can we encourage all groups to consider whether there is something that they can share in our newsletter? Contributions should be sent to editor@u3arugby.org.uk by 24th of this month. If you can send your article in a Word document with any pictures attached as.jpg, that is the most helpful format. Thanks in advance!