



u3a

North Cotswold

**July 2024
Newsletter**

A Message from your Chair

Dear Members

It definitely seems like the holiday season especially with all this glorious sunshine (25th June today in case it is short lived!) which seems to make everyone smile more.

You probably remember that the u3a motto is 'learn, laugh, live; – that is learning for pleasure.' Does the North Cotswold u3a with its general meetings, events, and its grand variety of interest groups 'do it for you'? How could you add to its appeal and improve it further?

We have an energetic, enthusiastic, friendly, and supportive committee just like all our members! Would you be interested in standing as the next Chair when I must step down from October? Please get in touch!

There are also two very successful groups which are looking for new group leaders. If you belong to those groups would you or a few of you join to take them on so that they can continue? Superb leaders are hard to follow but it is not a bad thing to run things differently – how about it?

Many groups still have exciting outings to come (including Historic Churches, Engineering and Transport and the Gardens and Gardening Groups) and I trust those go well. Our visit to Hartlebury was very well supported and despite a rather cloudy day seemed to be enjoyed by all. Our 'Posh Tea' is now fully subscribed and all tickets for the Ploughman's Supper have been sold.

So, no 'normal' Open Meetings now until Thursday, 12th September at 2pm when Roger Browne will give a talk entitled 'Not Father O'Malley' with stories of a Roman Catholic childhood combined with self-taught jazz piano playing. See you there I hope.

Very best wishes, Hilary.

**YOUR COMMITTEE CONTACT DETAILS CAN BE FOUND ON THE LAST PAGE OF THIS
NEWSLETTER**

**Current Membership (full members) – 347
Number of Groups – 31**

Website: <https://u3asites.org.uk/north-cotswold/welcome>

Open Meetings Programme 2024

From Janice Fisher

Our *Open Meetings* take place in Willersey Village Hall at 2pm on the second Thursday of the month.

A suggested donation of £2 is payable at the door for both members and non-members.

Do you need, or can you offer members a lift to meetings?

The Committee would like to build up a bank of people who could occasionally give a lift to anyone who cannot easily get to Open Meetings and other u3a events. If you can offer help please contact our Welfare Officer, [Sue Lindsay](mailto:Sue.Lindsay@u3a.org.uk), tel. 01386 446541

Similarly, please contact Sue should you need a lift!

Open Meetings return on 12th September with Roger Browne and 'Not Father O'Malley'

which traces Roger's childhood in wartime and post war Salford featuring the music he heard and enjoyed from a very early age leading to him singing in public from the age of three and teaching himself to play the piano at the age of five.

'Not Father O'Malley' takes a hilarious look at what it was to grow up in a city, blitzed in the war, ravaged by poverty, and strangled by overcrowding and inadequate housing, but how his greatest memories are of kindness, compassion, humanity, music and, above all, humour, lots of humour!

He relates the consequences of being brought up as a Roman Catholic, but falling short of what was expected of him by his parish priest, by becoming a fan of the wrong soccer team.



10th October

The History of the Cotswold Way with Margaret Reid

The Cotswold Way has existed as a promoted long-distance walk for over 50 years. Following many years of lobbying by the Ramblers Association and others, in 1998 the government approved its development as a National Trail formally launched in May 2007.



This meeting will be followed by our AGM.

14th November

Christmas Floral Arrangements

Well-known local florist **Dawn Keitley** will inspire us with a demonstration of Christmas floral decoration.



Welcome New Member

John Turner

Group News and Events

History Group Autumn Programme

New and occasional members always welcome.

July 2 Angela Dunsby (The John Moore Museum, Tewkesbury)

'The Dark Side of Nursery Rhymes

The sinister backstories to some of our favourite nursery rhymes.

September 3 Gill White

1346: Crécy

Since 1337, England and France had been engaged in what would become known as The Hundred Years' War. So far, there had been raids and skirmishes, and one major sea battle, but in July 1346 King Edward III launched an invasion of Normandy. In the following months, Edward would lead his army to the very outskirts of Paris before turning northward towards Calais. Between the English and the sea lay a French army and, out-numbered and out-manoeuvred, Edward was forced to stand and fight at Crécy. This talk tells the story of the campaign, the battle, and the struggle to control the channel port that followed.

October 1 Howard Robinson

The Regicides – what happened to the men who signed Charles I's execution document?

Howard Robinson returns to complete his trilogy about Charles I. In 1549 Charles's death warrant was signed by 59 individuals. After the Restoration of the Monarchy in 1660, only 38 of those were still alive. Some had fled the country some were imprisoned. Only one, Colonel Sir Richard Ingoldsby was pardoned and allowed to keep his lands. He claimed that Cromwell had seized his hand and forced him to sign the warrant.

November 5 Phil Collins

Gloucestershire Inventions

Members will remember Phil's (aka Professor Collywobbles) History of Punch and Judy. Champagne, Spend-a-Penny slot machine, The Lawnmower and Horlick's Malted Milk, these are just some of the inventions accredited to Gloucestershire. Phil has been on the trail to discover just what inventions the county is responsible for. A presentation with plenty of props, video, and photographs.

December 3 Max Keen

Sir William Marshal

William Marshal, 1st Earl of Pembroke (1146 or 1147 – 14 May 1219), also known as William the Marshal was an Anglo-Norman soldier and statesman. He served five English kings: Henry II, his sons the 'Young King' Henry, Richard I, and John, and finally John's son Henry III. His was a remarkably long life (74 years) of loyal service chivalry, bravery, courage, and raw martial talent. Discover the story of this utterly remarkable medieval soldier and statesman, complete with Maille, sword, shield and great helmet – minus the horse!

Photography Group

Our photography group meets on the second Monday of the month. Below is a selection of some of their recent photographs. If you would like to come along to this very friendly group for a taster session then you will be very welcome.

Please contact [David Lees](#), mob. 07710336031 email david.lees111@gmail.com



Peter Hedges



Tony Spinks



Andrew Buchan



David Lees

Happy, Healthy, Holidays!

The main holiday season is in full swing and many of us will be travelling in the UK or abroad. It may be the highlight of your year but it is worth taking some simple precautions to stay healthy and stress free.

- If you are travelling abroad take out holiday insurance. It is not worth taking a chance and thinking, 'It will never happen to me.' Medical costs abroad can be horrendous, especially in the USA and the Caribbean, and so can the cost of being repatriated. Events can be beyond your control. Do you remember the Icelandic volcano? I was on the last flight into Heathrow before all flights were stopped. I did not have the expense of finding a hotel abroad until travel resumed but I know many people who did.
- What vaccinations do you need and are they up-to-date? Your GP practice will probably have a form for you to fill in and they will tell you what you need. If you are going to an area where Malaria is endemic get the tablets and TAKE THEM as prescribed. Malaria is a life-threatening disease.
- When you are travelling there are times when you may have holdups, stuck in traffic, queueing for a ferry, a delayed flight. It is easy to rely on fast food and unhealthy snacks or you may have no access to food. Pack nutritious snacks like fresh fruits, nuts, and cereal bars.
- Remember to drink plenty of water before, during, and after your journey. Carry a reusable water bottle and refill it whenever possible.
- Washing your hands regularly with soap and water or using hand sanitiser is crucial. It helps prevent the spread of germs and reduces the risk of getting sick.
- Travel, particularly long-haul flight, can disrupt our sleep patterns. Try to maintain a consistent sleep schedule, even while on the move. This will help regulate your body's internal clock and minimise jet lag.
- Travel often involves long periods of sitting, which can cause problems. Take short breaks during your trip to stretch your legs and move around. Simple exercises like leg stretches can help improve circulation and prevent stiffness. On long haul flights it is advisable to wear 'flight socks' which help to prevent DVT.

BON VOYAGE!

Anon

Keith Horden's Quiz

1. Which country has the world's oldest national flag?
2. Who is Secretary General of the United Nations?
3. Lysander, a gentleman in the court of Athens, appears in which play by Shakespeare?
4. Who plays Evelyn Plummer in Coronation Street?
5. What is the largest city in Africa by population?
6. In which film was there a character called 'The Khasi of Kalabar'?
7. Who played The Khasi of Kalabar?
8. Which was the first country to have a president as head of state?
9. So, who was the first president in the world?
10. Which town has a football team whose nickname is 'the Cobblers'?
11. James Henry Trotter is the main character in which Roald Dahl story?
12. What is the highest mountain in Australia?
13. Who wrote the play 'The History Boys'?
14. In the TV series 'Happy Valley,' who played Catherine Cawood?
15. Who was King when the Union Flag was introduced in its present form?
16. Who is the Prime Minister of Italy?
17. Which bird is the symbol of the RSPB?
18. Which German composer wrote an opera called 'Giulio Cesare'?
19. The longest canal in England connects which two major cities?
20. What is the longest canal in England?



Question 1



Question 7



Question 10

Let's get COOKING

Recipes from a recent
Phyllis Andrews'
Cookery Group

Soy and Ginger Salmon with Rice Noodles

6 Fillets of Salmon (skin removed)
Juice of 3 Oranges
6 tbsp. Soy Sauce
2 Cloves Garlic (optional)
30 g. (1 oz.) Root Ginger (grated)
3 x 275 g. Packs of Microwavable Rice Noodles
1½ tsp. Oil
300 g. Cucumber (cut into matchsticks)
6 Salad Onions (finely sliced)
½ Red Pepper (diced)
1½ tsp. Honey

In a saucepan that will fit the salmon fillets snugly and for which you have a lid, combine the orange juice, soy sauce, garlic, and ginger. Bring to a simmer and reduce by half. Add the salmon fillets then reduce the heat to a very slow simmer. Cover with a lid. Cook for about 3 minutes then turn the fish over and cook for another 3 - 4 minutes until the fish is cooked through.

1. Meanwhile, heat the rice noodles according to the pack instructions, then toss in a bowl with the oil. Toss in the pepper, cucumber, and salad onions. Divide the noodles and vegetables between 6 individual bowls or plates. Put a fillet of salmon on top of noodles then stir the honey into the remaining sauce in the pan then spoon it over the fish and serve.



Afternoon tea at Phyllis's Cookery Group

Pain au Chocolat Pudding

300 ml. Milk
284 ml. Pot of Single Cream
100 g. Caster Sugar
4 Eggs
50 g. Butter (melted)
1 (4) Pack Waitrose Pain au Chocolat
100 g. Dark Chocolate Chips

1. Put the milk and cream into a small pan and heat until warm.
2. Whisk together the sugar and eggs, then whisk in the warm milk mixture and melted butter to make a smooth custard.
3. Cut each Pain au Chocolat into 4 slices then arrange the slices overlapping in a greased shallow overproof dish. Sprinkle with the chocolate chips.
4. Pour over the custard ensuring everything is well coated.
5. Bake at 160°C. (fan) for about 30 minutes. The custard should be set and the top golden and crisp. Cool slightly before serving.

NORTH COTSWOLD U3A ACTIVITIES 2024

Group	Venue	Day	Time	Contact
Arts and Crafts	Brio Beechwood Park, Wintergreen Court, Stow-on-the-Wold GL54 1FP	4 th Tuesday	10.00 am	Roger Thornburgh 01386 701235
Bridge for Improvers (tuition, monitored duplicate, Teams)	Willersey Village Hall	Every Thursday	10.00-12.00	Michael Robinson 01386 852675
Effortless Entertaining (Aga Cooking)	Private House – Willersey	4 th Wednesday, Thursday, Friday	11.00 – 2.00 pm	Fiona Tierney 01386 854654
Engineering & Transport	Childswickham Memorial Hall	4 th Friday	April – July AM Aug-March PM	David Dunbar 01386 858833 Penny Valender 01386 852853
Exploring Music	Willersey Village Hall	2 nd Tuesday	10 am	Andrew Mackrill 01608 684884
Family History	Private House Mickleton	2 nd Friday	2.00 pm	Liz Reeves 01386 430039
Food & Cookery (1)	Private House – Broadway	2 nd Tuesday	PM	Phyllis Andrews 01386 641361
Food & Cookery (2)	Private House – Broadway	1 st Thursday	PM	Phyllis Andrews 01386 641361
French Group 1 (Intermediate)	The White Hart Royal Hotel, Moreton-in-Marsh	3 rd Wednesday	2.00 pm	Ghislaine Craik 07733112089
French Group 2 (improvers)	The White Hart Royal Hotel, Moreton-in-Marsh	4 th Wednesday	10.30 am	Ghislaine Craik 07733112089
French Group 3 (For fairly fluent speakers)	The White Hart Royal Hotel, Moreton-in-Marsh	4 th Wednesday	2.00 pm	Ghislaine Craik 07733112089
Gardens & Gardening	Childswickham Memorial Hall (winter) Garden visits (summer)	2 nd Friday	10 am (winter) 2.30 pm(summer)	Fran Geering 07392114870
Golf Croquet	Behind Methodist Church, Willersey	1 st & 3 rd Tuesday	PM May to October	Richard Ingles 01386 853306
History	Weston-sub-Edge Hall	1 st Tuesday	10.00 AM	Pamela Endicott 01386 854812
Kurling	Willersey Village Hall	4 th Monday	AM	Sandra Spensley 01386 858637 Christine Sneddon 01386 854841

Group	Venue	Day	Time	Contact
Mahjong	Moreton-in-Marsh	2 nd & 4 th Monday	PM	Diana Lucas 01608 238092
Opera Appreciation (In conjunction with Winchcombe U3A)	Burland Hall, Stanton	3 rd Wednesday	2.00-5.00	Colin Davison 01242 603317 Ann Pitcher 01242 621328
Photography	Willersey Village Hall	2 nd Monday	AM	David Lees 07710 336031 Clive Lockyer 01386 858458
Poetry Reading	Private Houses – Various	2 nd Monday	AM	John Thompstone 01386 852930
Reading for Pleasure	Private Houses – Various	1 st Monday	PM	Phyllis Andrews 01386 641361
Recorder Consort	Private House – Blockley	4 th Monday	PM 2.00-3.30	Hilary Thornburgh 01386 701235
Science for All meetings, field trips and videos	Wickhamford Memorial Hall	3 rd Friday	AM	Marilyn Watts 07747186282
Scottish Country Dancing	Bourton on the Hill	2 nd & 4 th Friday	AM	Diana Lucas 01608 238092
Skittles	The Snowhill Arms	3 rd Thursday	6.30 for 7.00pm	Brian Thackeray 07504 911892
Sunday Lunches	The Village Bar Weston-sub-Edge	3 rd Sunday	12.30	John Bissett 01386 859319
Table Tennis	Willersey Village Hall	1 st & 3 rd Thursday	5.00 – 6.00 PM	Helen Trussell 07496 112706
Touch Tennis	Willersey Village Hall	1 st & 3 rd Mondays	10.00 – 11.30 AM	Ken Spensley 01386 858637
Ukulele	Private House – Blockley	2 nd & 4 th Tuesday	PM	Legh Richardson 01386 701072
Walking (Nature rambles up to 4 miles)	Optional pub lunch	3 rd Tuesday	AM	Sue Lindsay 01386 446541
Walking – Five Milers	Optional pub lunch	1 st Friday	AM	Joan Rees 01386 854908
Walking – Medium Walks	Optional pub lunch	4 th Tuesday	AM	Chris Selby 01386 853512
Walking – Long Walks (6.5 to 11 miles)	Optional pub lunch	1 st Friday & 3 rd Thursday	AM	Anne Robertson 01386 701564

Any changes or additions please contact Charles Nixon (Group Coordinator), tel. 01386 335264

CONTACT YOUR COMMITTEE



Hilary Thornburgh, Chair 01386 701235

Marion Davies, Vice-Chair 01386 842944

Angela Hope, Treasurer 07768 013107

Elizabeth Reeves, Business and Membership Secretary 01386 430039

Rosemary McLaren, Minutes Secretary 01386 852548

Sue Lindsay, Welfare Officer 01386 446541

Charles Nixon, Group Coordinator 07860 662486

John Bissett 01386 859319

Peter Grant 07544 748521

Janice Fisher 07485 257918

Margaret Oliver 01386 832627

The next Newsletter will be published at the beginning of September

The deadline for copy is 25th August

Your Newsletter Editor can be contacted via the Contact Link on the North Cotswold u3a website.

Keith's Quiz – the answers

1. Denmark
2. Antonio Guterres
3. A Midsummer's Night Dream
4. Maureen Lipman
5. Lagos, Nigeria
6. Carry on up the Khyber
7. Kenneth Williams
8. The United States of America
9. George Washington
10. Northampton
11. James and the Giant Peach
12. Mount Kosciuszko
13. Alan Bennett
14. Sarah Lancashire
15. George III
16. Giorgia Meloni
17. Avocet
18. George Frederick Handel
19. London and Birmingham
20. Grand Union Canal