



## COMMITTEE NEWS

Here are some dates for you to reserve in your diaries, further information will be given to you when it is available:

Friday, 7<sup>th</sup> July, 1.00p.m.  
Picnic in the Park, Castle Grounds

Saturday, 9<sup>th</sup> September,  
Open Day

Thursday, 7<sup>th</sup> December,  
Christmas Party

We look forward to welcoming you to these events.

**The Committee**



CASTLE COMBE by Barbara Davies

# Chairs Report, June 2023.

I cannot believe that it is already two months since I took up the position of Chair. What a busy two months it has been.

Firstly we completed the task of getting membership forms completed, subscription fees collected and new cards issued. My thanks to Joy and Lyn who were instrumental in getting this exercise completed and also the Convenors who collected all of the dues.

Secondly we held our Coronation Celebration. There are photographs and a write up on this successful event elsewhere in this Newsletter. Thank you to all the members and committee who helped with the organisation, setting up and carrying out this celebration. A big thank you to all the members who supported this event.

Finally the Committee are busy planning events for this year. The dates of these events can be found elsewhere in this Newsletter. We look forward to a very successful and fun 2023.

Linda Stewart

# Gift Aid - What is it?

Gift Aid is a government scheme that allows Charities such as Caldicot & District u3a to reclaim the basic rate of tax you pay as UK taxpayer. It means that we can claim 25p of tax for every £1 you donate to at NO extra cost to you. All you need to do is complete Gift Aid declaration which you can find on our membership forms.

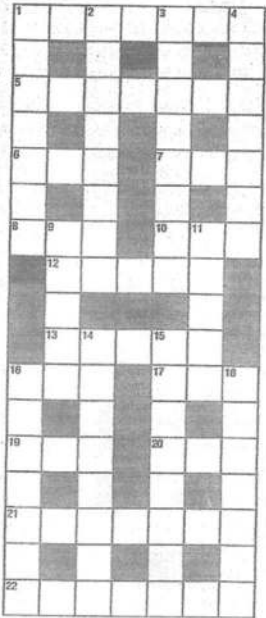
To use Gift Aid you must have paid enough tax to HMRC in tax year in which you have made your donation, at least equal to amount being claimed. The current year being claimed is from 1st April 2022 till 31st March 2023. **Glenice Dallow**

## ACROSS

- 1 Trap (7)
- 5 Catherine ---, author (7)
- 6 Stephen ---, former Q/ host (3)
- 7 Lee Mack sitcom, --- *Going Out* (3)
- 8 Rook's cry (3)
- 10 Self-conscious (3)
- 12 Nick ---, Oscar-nominated actor for *Warrior* (5)
- 13 Shockingly vivid (5)
- 16 Beast's lair (3)
- 17 Tear (3)
- 19 Foolish person (3)
- 20 Hedera (3)
- 21 Mimic (7)
- 22 Withdrawal (7)

## DOWN

- 1 World's largest ocean (7)
- 2 In pairs (3, 2, 3)
- 3 Fire raiser (8)
- 4 Lillie ---, royal mistress (7)
- 9 Foot joint (5)
- 11 Spyri's Alpine novel (5)
- 14 Pristine (8)
- 15 Water (crops) (8)
- 16 File (7)
- 18 Recompense (7)



# HISTORY GROUP

## British Soldiers in the First World War

For the February meeting, the History Group had a talk by Ray Parfitt on the First World War as it affected British soldiers and their families at home.

When war started in 1914, the British army relied on volunteers to bolster the professional soldiers, which they did in hundreds. However their six weeks training before they went to the front did not prepare them for the horrors to come.

The Battle of the Somme took place in July 1916, when 19,240 soldiers were killed.

As the war progressed, professionals became fewer, and the ranks had to be filled with conscripts.

1915 saw a terrible turn of events, when the Germans started using gas against the French, the Canadian and the British. One eyewitness recorded, "A panic-stricken rabble ran across the battle field, eyes bulging, clutching their throats as they ran, stumbling into the mud and rising to run again." Initially there was no defence against gas, and many suffered for the rest of their lives.

First effort at protection was a hood, but this was little better than a carrier bag on ones head. Eventually a crude respirator was created; it was worn high upon the chest, so it could be attached quickly. It was superseded by other designs.

Some of the bravest men were the stretcher bearers, who would go out unarmed into 'no man's land', collect wounded men and bring them back to British lines. Each

regiment had 16 stretcher bearers to care for the casualties. They were members of military bands and also volunteers.

There were so many men in the forces that ladies too had to play their part, as police, postal workers, bus drivers, railway workers, delivery drivers, barmaids, ammunition workers and others. The ammunition workers were at some risk, since the chemicals they were using were toxic, and at that time there were no health and safety regulations – many were the illnesses suffered by the workers through handling and even breathing the dangerous substances.

Any accident or epidemic would be hushed up since it could affect morale and result in panic. Pensions were available to those injured as a result of their work, but they had to be of 'high moral character' to receive one.

Another aspect was the kit used by the soldiers. At first they went to war wearing the standard uniforms, varying according to rank. Many soldiers had their photographs taken in those uniforms, but in modern warfare, these are useless. It was soon discovered that these were not suited to muddy trenches, so they went over to other versions. For headgear, they wore a steel helmet of simple design.

Regarding uniform, the British government had always been parsimonious. Their theory was that it had to be hard-wearing and last forever. The standard kit was made of khaki material, 'khaki' meaning 'dusty' in Persian. Infantrymen wore 'puttees', which were long bandages tied at the top. Boots were of a standard pattern, hob-nailed and last forever.

They were issued as brown, but constant use of polish and dubbin meant that they ended up black.

Equipment was carried with a webbing 'waistcoat', each side of which had five pouches, each pouch carrying fifteen rounds of ammunition. This meant that they had 150 pounds of bullets on their shoulders. At the back there was a water bottle and a trenching tool for digging in. The full kit weighs 70 pounds. Each infantryman also had a backpack, which contained personal items, food and a greatcoat.

The standard-issue firearm was the short magazine-fed Lee-Enfield rifle, first adopted in 1895. It could be reloaded quickly, and a bayonet attached. The quality of the experienced riflemen can be judged by the opinion of their German opponents, who thought that every man was equipped with a machine gun, such was their rate of fire.

## CARDS SENT

### Thinking of you

Mrs Nita Fenton

Wishing you better health

Sue Martin & Ian Martin

Quick recovery from your accident

Mr Terry Hart

Best wishes for better health of  
your wife

### Get well

Mrs Irene Viney, Mrs Jackie Beck  
Best wishes for a speedy recovery

### 80 years

Mrs Lyn Howells, Mr Paul Bennett  
Congratulations to you both

### Sympathy

Mr & Mrs Dave Edwards

Our thoughts at the passing of your  
Daughter Vicky



## An Illustrated Talk

By Su Baldwin

My Journey Circumnavigating the World  
on an Ocean Racing Sailboat

**MACMILLAN**  
CANCER SUPPORT

In Aid of

Teamwork, racing,  
whales, dolphins, sharks,  
turtles and ocean birds

**Monday**, 5<sup>th</sup> June 2023

@10:00 am at Caldicot  
Methodist Church



## Celebration Party for KING CHARLES III



**THE SETTING UP CREW**



**INDOOR STREET PARTY**



## Hi everyone, Coronation Party . . . . WOW

What a very happy enjoyable afternoon!

King and Queen crowned . . . Food a plenty even a toast to the King . . . albeit non alcoholic. We had music in the background an lots of jolly conversation all round.

The Mayoress joined us and we were even served by the local constabulary who now man the Caldicot Police Station.

Police sergeant Stephen Hayward Police Constable Hywel Evans and Community Support Officer Ellis Park. All three joined in and served the tea and coffee. Thanks for their help.

Alms 'for the poor' were handed out by HRH David Evans and HRH Fran Green.

Host and toastmaster for the afternoon John Calvin Thomas kept everyone informed and in order.

Lyn, Cindy and Irene kept the desserts, tea and coffee flowing and all in all a great afternoon was had by everyone.

A happy and successful time.

Thank you to all who participated and to those who set the room up.





## HANDICRAFT

The Handicraft Group have been knitting garments for premature babies and at our meeting on the 17<sup>th</sup> May we were given a talk by the Rev Carol Taplin, who is Chaplain at the Grange Hospital Cwmbran, about her role as Chaplain not only at the Grange but also The Royal Gwent and Chepstow hospitals.

Carol, as she likes to be called, covers a multitude of cases and all faiths with support and help, from bereavement, mental health problems and practical help via a charity. As she explained, often a patient will arrive with nothing i.e an emergency or because of circumstances, so the charity is able to help by supplying the basic personal essentials.

Carol explained at length the role of the premature baby unit which we all found very emotional as not all of the cases have a positive outcome! There is a charity called **Dinky Dragons Charitable Fund** if anyone wishes more information or to make a donation.



## SPECIAL EVENTS

Our holiday draws ever nearer and I would like to remind all those participating can I please have your balance cheques before the end of May. The price is £414.00 so less your deposits of £60.00 I require £354.00 per person (£708.00 doubles). Cheques made payable to Edwards Coaches please and sent to me so that I can confirm who has paid and then forward on to Edwards. Thank you for your support.

**Pam Caines**

## DRAMA

Dianne and I are pleased to say the Murder Mystery held in the 24th March at Portskewett Recreational Hall went really well. An afternoon tea of sandwiches and cakes were served between acts which everyone enjoyed. We would like to thank all those people who helped in getting everything ready before the performance, Marion, Marilyn, Sandra, John, Keith and of course the Drama group themselves and we would also like to thank all those who attended and gave us their support which made it all worthwhile. As there may be some of the group leaving us we will be meeting on our usual Friday afternoon to discuss where we go from here. Obviously we will report back on our decision.

Thank you once again to those of you who supported us.

**Pam and Dianne.**

## MUSIC APPRECIATION

The group has settled well into our 'at home' meetings with five or six usually present. We continue to enjoy a wide range of music based on a theme, accompanied by plenty of chat and at least one cuppa. We have had enquiries from two potential new members and look forward to welcoming them in the near future. With Summer well on the way we are planning to have a few 'garden' meetings, weather permitting.

**Jan Potter**



U3A produces a National Newsletter which is free to every member.

To obtain the Newsletter you need to go to U3A website, click on "News" then double click on Newsletter. Follow the instructions and you will receive the newsletter each month directly to your Email address. This is free and is very informative and interesting..

Any member of Caldicot & District U3a can submit articles to our Newsletter for publication.

So if you would like something published please send to:  
[lesccc46@talktalk.net](mailto:lesccc46@talktalk.net))

## GARDENING



An early 9.00 a.m. start on the 17th May a full coach set off for Carmarthenshire to the Botanical Garden of Wales. After all the recent wet weather, I am pleased to say that it stayed dry for us until the end of the afternoon..

The huge dome of the glasshouse at the top of a long driveway, was visible from the Garden entrance. Some Members took the offer of a lift in the "mobility carts" up to the top of the hill, where we enjoyed great views surrounding the glasshouse. Inside the tropical greenhouse we were greeted with fantastic displays of plants from around the World. This is where many headed first to sit having a coffee amongst the plants and enjoying the bird-song.

The Apothecary gave a look into the past, with its array of shelves stacked with colourful bottles and instruments first used in the N.H.S.

**Pauline Marx**





## PORTSKEWETT CORNFIELD PROJECT

I visited Caldicot Comprehensive and asked if any of the Students would like to help us in the Cornfield.

On the 3rd of May, it was good to have so many Students from Caldicot Comprehensive come along and help with weeding our 2 plots in the Cornfield. They seemed to enjoy helping and I look forward to their help in future weeks.

The water butt is now in place, thanks to Brian, and we now have a compost bin alongside the flower plot. All making it easier to look after our u3a plots. Also the flower tubs by the u3a bench have been planted up.

Brian has been busy tidying up the veg plot and planted potatoes. The vines are coming along nicely on the back fence and gooseberry bushes and strawberry plants are thriving.

PLEASE COME ALONG ANY WEDNESDAY 10.00 - 12.00 A.M.  
ALL MEMBERS WELCOME

**Pauline Marx**

**WE STILL HAVE SOME SEATS AVAILABLE ON THE GARDENING TRIP  
TO TYNTESFIELD ON THURSDAY, 13TH JULY.**

**COACH LEAVES 9.30 A.M. PRICE: £26.00**

## Shortbread

Melt-in-your-mouth Gluten Free Whipped Shortbread cookies that is light, buttery, and oh so pretty. A few simple ingredients create an amazing holiday favorite.

PREP TIME	COOK TIME	TOTAL TIME
15 minutes	15 minutes	30 minutes



### Ingredients

- 3/4 cup butter, softened (salted or unsalted)
- 1/2 cup confectioners' (icing) sugar
- 1 teaspoon vanilla extract (see Note)
- 1/4 teaspoon almond extract (see Note)
- 1/2 cup millet flour (can substitute additional white rice flour)
- 1/2 cup tapioca starch
- 1/2 cup white rice flour
- 1/4 cup cornstarch
- 1 teaspoon xanthan gum
- 1/2 teaspoon salt (if using unsalted butter)
- TOPPINGS: candied cherries, coloured sugar or sprinkles for decorating

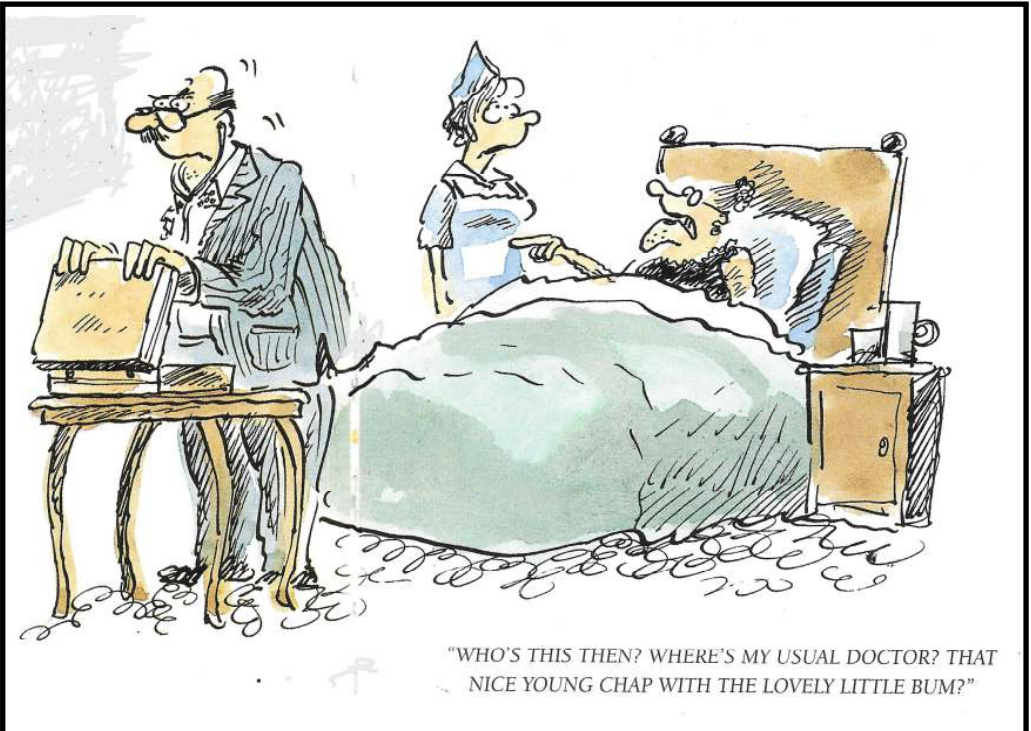
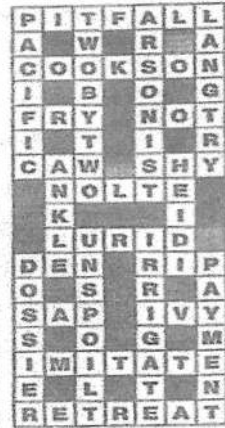
### Instructions

1. Preheat the oven to 325 degrees F. Line your baking sheets with parchment paper.
2. Place the butter and confectioners' sugar in the bowl of a stand mixer fitted with a paddle attachment. Starting on slow speed, and slowly increasing, beat the butter & sugar until fully combined, scraping down the bowl in between. Add the extracts if using, and beat for 2-3 minutes. This is crucial, as it adds the lightness to the dough, giving you a light, airy cookie.
3. In a separate bowl, whisk together the remaining ingredients (minus the toppings). Slowly add to the butter mixture while the mixer is on low speed. Once the flour has been worked in, slowly increase the speed to medium. Beat on medium speed for 1 more minute.
4. Scoop 3/4-inch balls of dough onto the cookie sheet, keeping 2-inches between cookies. I use my small cookie scoop for this, works perfectly.
5. Use a fork, that has been floured with rice flour, to press the cookies down slightly. Place cherries, sprinkles, or colored sugar on the top of the cookies, if using.
6. Bake in preheated oven for 14-16 minutes. You do not want the cookies to brown at all, just for the dough to set. Let cookies remain on cookie sheet until completely cooled. I found that leaving them on the cookie rack (sometimes even over night), helped the cookies to have a better structure.
7. Store cooled cookies in an airtight container.

## SCIENCE & NATURAL HISTORY

Have you spotted the Mouse

The Group is starting again on Monday, 5<sup>th</sup> June at Caldicot Methodist Church at 10.00 a.m. The speaker is Su Baldwin who we have enjoyed before speaking about her Clipper Ship Race Around the World. Her videos are astounding. In July the speaker will be Dr Naylor Firth on the Wye Valley. Please come along and enjoy a morning amongst friends and support Science and Natural History”.



# ACTIVITY GROUPS

## **A Little bit of Welsh**

Convenors: Ann Holloway 07443 224894,  
Lindy Calvin Thomas 07784 634567,  
Alt Wed 10.30-11.30, Ladybird Craft Centre

## **Art**

Rob Harry 01291 421282  
Wed 1.30-4pm Portskewett Rec Hall

## **Bridge**

Face to face every Mon. 2-4pm,  
Caldicot Library.

## **Computing**

Convenor: John Mills 01291 420045  
Fri 9.30-12.30 Bethany Baptist Church

## **Drama**

Convenors: Pam Caines,  
Dianne Payne 01291 431864.  
Fri 2-4pm Portskewett Rec.Hall

## **Gardening**

Convenor: Pauline Marx 07544 671870  
2.15 pm. 2nd Thursday of the month  
Caldicot Methodist Church Hall

## **Handicraft**

Convenor: Jill Greenhalgh  
01633 548968 1st & 3rd Wed 10-12pm  
Caldicot Methodist Church Hall.

## **History**

Convenor: Dave Edwards 01291 422303  
3rd Wed in month, 2.00pm - 4.00pm Council  
Day Centre

## **Music Appreciation**

Convenors: Jan Potter 01291 794034,  
Adrian Dallow 01291 422925  
4th Wed of month 2 - 4pm  
Home of Jan Potter

## **Rock Roll Stroll**

Convenor: Lynne Howells 01291 423395.  
alternate Thurs 8pm St Marys Church Hall

## **Science & Natural History**

Meet, 1st Monday in the Month.  
10am Caldicot Methodist Church Hall

## **Scrabble**

Convenor: Lyn Mitchell 01291 421567.  
2 - 4, 2nd & 4th Fri of month, Bethany Baptist  
Church Hall

## **Short Mat Bowls**

Convenor: Helen Wormald 01291 423765  
Wed 2-4 & Fri 7-9, Scout Hall.

## **Spanish**

Convenor: Julian Wood 01291 421095.  
Mon 10.45-12. Various venues.

## **Special Events**

Convenor: Pam Caines,  
01291 420750. Various Short Holidays.

## **Table Tennis**

Convenor: Les Mitchell 07367 064322  
Mon 2-4 Scout Hall.

## **Ukulele**

Convenor: Chris Spiller 01291 424694  
Tue 2-4, Portskewett Recreation Hall

## **Walking Groups**

Every Tuesdays, am.  
Various Locations & Starting Points

## **Stragglers, 3-4 mls**

Convenor: Brian Hopkins 01291 422387

## **Amblers, 4-5mls**

Convenor: Jenny & Stan Griffiths  
01633 880578

## **Strollers, 4.5-6mls**

Convenor: Bill Bewg 01633 880165.

## **Striders 5-7mls**

Convenor: Richard Harding 01291 420305