



WELCOME to Summer and the June newsletter. While there remains some uncertainty, we can cautiously hug, have a meal out without getting soaked or frozen and have a change of scene via a holiday or short break. Hooray, at last! My thanks go to the group leaders who have contributed to this edition of our newsletter. I'm sure, like me, you appreciate the reassurance that Churchdown u3a is still going strong. John from Italian has included a recipe and look out for details of a Programme of Talks from the Cotswold Link on Page 3.

Following the up-coming AGM it will be all change for the committee. Louise is stepping down as Chair having presided over the most challenging time for any organisation. Our Secretary, Emma, is also stepping down after 5 years' commitment to Churchdown u3a, being our first Membership Secretary on the Steering Group back in 2016. Our grateful thanks and very best wishes go to both.



Dear Members

By now I had anticipated handing over writing in UPDATE to a new Chairman but as we are all aware, nothing has gone as planned this year. Like many of us, I have listened carefully to every Government announcement about unlocking and the steps forward to enable us to return to some form of normal life. I am therefore hoping that the AGM will be able to go ahead on June 23rd at St John's Church Hall. There are further details below about the arrangements but I'm sure you will all appreciate things cannot be set in stone until later on in the month.

There will be a new committee taking over this month, some familiar faces and some new ones. Please support the new committee by coming forward and offering help in any way you can. All the best. **Louise Keeling**

FIRST MONTHLY MEETING - AGM

Wednesday, June 23rd 2021 at 2pm

St John's Church, St John's Avenue

Subject to going to Step 4 of the Government's
roadmap.

Free admission and refreshments

This will combine the formal business of our Annual General Meeting with a celebration of our coming together after the confines of lockdown. Please note the change in venue and that this meeting is for members only.

We are greatly looking forward to welcoming you but as we are required to keep a record of attendees and apologies, please complete and return the form on the letter (sent by email or hand delivered) giving details of the arrangements, including the signing-in procedure on arrival or ring Emma on 01452 712336 **by June 14th at the latest.**

Car parking at St. Johns Church is limited, you may park on the streets but please be considerate of residents. If you have any difficulties regarding transport, please let us know on the booking form.

Meeting Programme

AGM business will begin at 2pm prompt. A full agenda plus relevant documents will be sent at a later date and will be shown on screen at the meeting.

Afterwards there will be a talk from our guest speaker, Bernard Barton-Ancliffe entitled "Tales of a Travelling Man" followed by refreshments and time to socialise informally.

Elections for Committee

Nominations for officers and committee members are warmly invited. Nomination Forms are on the website. Although the

official closing date is shown as Wednesday 26th May due to the current circumstances, completed nomination forms can be submitted up to and including the AGM and duly proposed and seconded nominations, will be taken from the floor. Looking forward to seeing you, **Emma Fletcher, Secretary**

Membership – Joyce Winwood

Our numbers have held steady at just over 200 and to thank you for your continued support and acknowledge that activity has been restricted to a few groups, delivery of UPDATE and the Third Age Matters magazine, membership was extended to September 30th.

We are anxious to retain as many members as possible and hope you can use these additional months of membership to join us for Monthly Meetings, attend some of our Interest Groups and find ways to Laugh and Learn with other u3a members.

After the challenges of this year, it will be lovely just to see each other again.

Of course, as well as encouraging you as members to stay with us we will be looking to recruit new members and we hope you will spread the word. New membership will last through to September 2022 and if you know anyone showing an interest in joining us, forms can be found on our website.

We are delighted to welcome five new members to Churchdown u3a:

Jayne and Glynn Morse
Norman Davies
Anthony Barber
Les Comtesse

I know you will make them very welcome. Let's look forward to the coming year with confidence and hope.

COTSWOLD LINK – Programme of Talks

July 2021 via Zoom

The Committee has arranged a programme of three talks in July 2021 as an alternative to the Special Interest Day that is held each summer.

The talks are free of charge to members of all U3As affiliated to the network.

The speakers will cover a wide range of topics as follows:

Keith Bostock on Robots.

Keith leads the Gloucester U3A's Electronics Group. He led the Gloucester team that came second in the inaugural U3A National Robot Challenge in 2019. Keith's talk will cover the true meaning of 'robot' and the current progress in the science and engineering involved in their creation, with a look at their future.

Frank Cooper on the Background to the Staffordshire Hoard and the Origins of a Warrior King's Golden Helmet.

Frank is Centre Manager for Digital Design & Manufacturing and a Senior Lecturer at Birmingham City University. The Hoard, discovered in 2009, remains the largest collection of Anglo-Saxon gold and silver ever discovered. He will discuss the probable methods of manufacture and the detail of various traditional artisan crafts as well as modern digital technologies used in jewellery industries.

Tony Conder on a Gloucestershire Odyssey

Since his retirement as a museum curator, Tony has conducted in depth research covering the area of Gloucestershire, its geology, local history and traditions. He is recognised as an authoritative local source of information on the many landmarks and ancient monuments of significant historical interest to be found there. Tony has summarised much of his work in a series of illustrated presentations that he is convinced will encourage the viewer to embark on a personal Odyssey to discover afresh what this area has to offer.

The programme is FREE and is as follows:

Keith Bostock:	1 st July 2021 1030am
Frank Cooper	7 th July 2021 10.30am
Tony Conder	14 th July 2021 10.30am

Booking will be through Eventbrite, accessed through the Cotswold link website

<https://u3asites.org.uk/cotswold-link/events>



Black Redstart at Sharpness

BIRD WATCHING AND NATURAL HISTORY – Alan Baxter
Finally, we can venture out on our adventures again. With all our summer visitors returned from their winter climes, we shall be looking for some specialities that include the Nightingale, (now very rare in Gloucestershire), Nightjar, Cuckoo, Garden Warbler and Lesser Whitethroat, to name a few. We have explored various habitats in and around the



Yellowhammer at Hawking

Cotswolds but I have planned new and interesting locations, to include Arlingham, King's Stanley and Guiting Power. We shall also be looking out for butterflies, dragonflies and maybe some different orchids and if we pass anything interesting on the way, we shall explore it. The Cotswolds are rich in historic and medieval buildings, it all adds to the interest and our knowledge of our local area.

Cribbage – Diana Sinden

The cribbage group hopes to commence meeting again once restrictions are lifted on the wearing of masks and social distancing indoors. It is hoped that this will happen towards the end of June, and therefore the group could start playing from July onwards, on the 2nd and 4th Tuesday afternoons at the Methodist Church Hall in Chapel Hay Lane. New members will be welcome.

Garden Visits - Jane Moore

As the new leader of the Garden Visit group, I have arranged for our first trip of 2021 to be to Kiftsgate Court Gardens in Mickleton, near Chipping Campden, in July. We are all likely to have had both vaccinations by then and all venues for eating out will be fully open, always an important part of every garden visit. Looking forward to meeting up with group members and renewing our garden visit experiences.

Petanque (Boules) – Brian Keeling

If you have ever enjoyed playing boules on holiday then this could be the group for you. We meet regularly on the first and third Mondays of the month and the second and fourth Thursdays at 10:00 at the CCA on a specially prepared area. We started out on the gravel patch behind the car park but now have an area next to the coffee shop for our use. The Monday group restarted in April and the Thursday group hopes to start again this month. Everyone is welcome and if these times don't suit then the area is available for another group to start up. Please contact me for further details if you are interested in joining us.

The Italian Group – John Hawkswell

With the re-opening of our old meeting place the Caffè and Vino in Tewksbury the Zoom meetings for our group ceased. We were welcomed back at the café with open, yet socially distanced, arms.

Group members seemed to have a skip in their step and what better way to celebrate our release from lockdown than by choosing “Primavera” or Spring as a subject for the meeting.

Each member came up with a different offering on this theme. We had a song of Spring which was light and seemed to float through the air which matched our mood.

<https://www.youtube.com/watch?v=ot1GSI mxhUw>

Another member had translated Wordsworth’s famous poem “Daffodils” into Italian and this was simply delightful.

A contribution many enjoyed was an Italian version of the recipe for Pasta Primavera with peas, broad beans and fresh asparagus. As Italians would say, “è buono”

INGREDIENTS

- BUTTER 50 gr
- GARLIC 1 clove
- ASPARAGUS 200 gr
- PEAS 259 gr
- FAVE 200 gr
- PENNE 400 gr
- 1 LEMON
- FRESH AROMATIC HERBS (MINT, BASIL AND PARSLEY)
- ALMOND FLAKES 25 gr
- EXTRA VIRGIN OLIVE OIL
- GRATED PARMESAN FLAKES
- Salt to taste.
- Pepper as needed.



PASTA PRIMAVERA

PREPARATION

1. Crush the garlic and let it brown in a pan with the butter.
2. Clean the asparagus and cut them into strips about two centimetres long.
3. Cook asparagus, peas and broad beans in the pan with the butter and garlic. Sauté for 5 minutes or a little more if you prefer less crunchy vegetables, perhaps adding a little water if needed; season with salt and pepper. As soon as the vegetables are ready, remove the garlic.
4. In the meantime, cook the pasta, drain it, keeping a little cooking water aside.
5. Sauté the penne in the pan with the cooking water you have set aside and the previously prepared vegetables.
6. When all the ingredients are well blended: add the lemon juice and peel, the chopped aromatic herbs, mix to season well.
7. Serve the pasta on four plates and top it with the almonds, parmesan flakes and a drizzle of raw oil. If you want: embellish the dish with a leaf of fresh basil.

Walking Group – Mary White



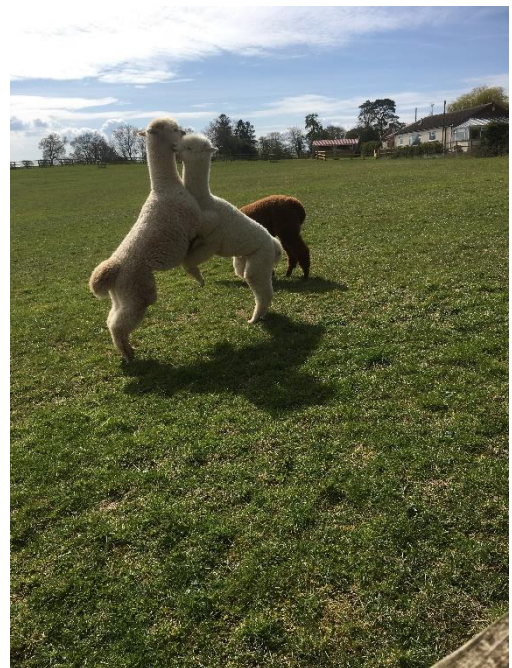
We started walking again on 30th March as soon as the government guidelines allowed groups of six to walk again. There was such enthusiasm to walk as a group again and we have had good attendance on all the walks. We have welcomed three new members. As numbers have been over six for every walk we have split into smaller groups with a distance between each group. The walks have been close to Churchdown and showcased what a beautiful area we live in. They have

taken us on footpaths at Staverton, Maisemore, Sandhurst, Coopers Edge, Great Witcombe, Apperley and Deerhurst, where the above picture was taken.

We have been through bluebell woods with wild garlic, seen primroses, cowslips and alpacas to name but a few.

We have been blessed with dry, sunny weather mostly, making everything look vibrant and beautiful. Our coffee stops have allowed us time to enjoy the immediate surroundings and to catch up with one another.

We will continue to offer at least three walks a month through June, July and August with some walks taking us further afield. We are a very friendly group and always welcome new members so please get in touch and come along and join us.



Are you a knitter or crocheter who prefers small projects these days (like me)? The Cardiology and Stroke Wards at Gloucester Royal Hospital are in need of a supply of Telemetry Pouches to be carried like a shoulder bag. Any type of wool, any colour, knitted or crocheted fit the bill and should measure 7½ by 7¾ inches, as shown. If you can make some please contact me for collection/drop off at suegrierson@gmail.com or 01452 857831.



Book Club – Joyce Winwood

Reading has been a lifeline for many of us during the challenges of three lockdowns and I'm delighted to tell you that our Book Club has continued to enjoy a monthly meeting on the appointed date each month throughout this period.

At first, we used 'Reply All' emails to share our views and opinions, then we extended to Zoom meetings. There's a novel or even a play hidden in there as our early attempts were often hilarious - my suggestion for a title would be "We can see you but we can't hear you".

When restrictions allowed six of us have met in gardens to chat about the chosen book... among other things. We have forged a strong group; we never agree, have varied views, even heated discussions and yet there is never any ill feeling at all. Respect for each other seems to be the key; I think that is simply wonderful and to be cherished.

We read a different book each month, all recommended by members and our choices vary enormously. I, for one, like the challenge of reading something I wouldn't normally choose.

If you want to see our reading list, please visit the Book Club section of our website.

"Good friends, good books and a sleepy conscience: this is the ideal life" Mark Twain

Bridge for All - Emma Fletcher

As of May 20th, we have come back to play at the Methodist Church Hall.

Through the last lockdown many of us have been meeting weekly to play online which has kept us in practice, but it was a real pleasure to be able to come together again, to actually feel the cards, seek advice from more experienced players, and chat informally between hands.

We are still subject to Covid-19 restrictions on social distancing, and intermingling, which mean our numbers are limited and we have to remain at the same table with the same partner for the entire session. But it's a big step forward, and we hope that after 21st June there will be further changes which will remove current restrictions and enable us to welcome back all our old members and allow new players to join us.

Please look at our Bridge group web page on the Churchdown U3A website for news of further developments. If you have not previously been a member of the group, please contact the group leader via the link.

Yoga – Sue Grierson

We too are back in our hall for a face-to-face practice and it's great! However, we all realised we're not the same people that went into lockdown all those months ago and will use our sessions to gradually find our confidence and our equilibrium. I hope you are all able to do this over the coming months. On Wednesday, 26th May I took myself way out of my comfort zone and ran a National 'Learn, Laugh, Move' workshop on Zoom entitled 'Sit up and Breathe'. It went very well with over 100 u3a members from across the country taking part.

I can recommend you investigate the Events page of the National web-site if you haven't already done so, you will find a number of on-line events covering a wide variety of topics. I get the feeling this initiative may well continue and will be another positive to come out of this.

Current Group List

New Group proposal: Maggie Thomas would like to start up a Spanish Improvers Group in September. If interested, please contact her on: 01452 676751 or aldwick1@icloud.com

Please contact the leader if you wish to join a group or for more information go to our web-site:

<https://u3asites.org.uk/churchdown>

Group	Leader	Telephone
Archaeology	Liz Harris	Contact via web page
Art History/Appreciation	Martin Bowden	01452 854007
Badminton	Eamonn Doherty	07946 341270
Bird Watching	Alan Baxter	01452 856440
Book Club/Literature	Joyce Winwood	01452 715099
Bridge for All	Emma Fletcher	01452 712336
Cookery	Eve Anstis	01242 235833
Crafts	Wendy Martin	01452 714049
Cribbage	Diana Sinden	01452 698713
Gardening	Ann Knight	07770 599744
Garden Visits	Jane Moore	07950 705993
Family History	Ruth Phillips	01452 857236
Italian Appreciation	John Hawkswell	01452 730528
Lunch Club	Robbie Philip	01452 715033
Petanque	Brian Keeling	01452 712753
Photography	Ann Knight	07770 599744
Politics	Roger Streatfield	01452 713498
Singing Together	Alan Winwood	01452 715099
Table Tennis	Syd Leuillette	01452 857039
Walking	Mary White	07817 007706
Yoga	Sue Grierson	01452 857831