



NewsFlash

Registered Charity No: 1082254

The Newsletter of u3a Clitheroe December 2023

Website: <http://u3asites.org.uk/clitheroe>

“To Boldly Go”



This was the heading for the cover story in the “Third Age Matters” magazine which we have all recently received.

Carl Honore is an expert on ageing and recently talked to the u3a about fully embracing and enjoying this vital stage of our lives. He says that “thanks to a toolbox of good nutrition, exercise, medicine and technology, the stereotypical rulebook is being rewritten”.

I have been trying to link our groups to the rules he promotes for ageing boldly. “Keep learning and experimenting”.

Maybe some of us are in a rut as to which groups we attend. Some members never go to a main meeting and miss out on the wide variety of interesting speakers we have, some members only go to one group and don't meet people from other groups. Maybe we could look at the Newsflash with fresh eyes and try something new for a few sessions in 2024.

“Keep your brain and body fit by exercising and eating well”.

We have a wonderful array of fresh produce from which to choose in the Ribble Valley and our u3a has two food groups for members to join. The Let's Lunch group helps to cultivate strong and new relationships, as well as trying new places to go for a meal. The Food & Wine group is where food is made according to a theme and the ingredients are discussed and recipes swapped. The skill displayed in this group is amazing, showcasing lots of different ingredients and techniques.

We cater for Body fitness in our walking groups, as well as circle dancing.

Tai-Chi may be a new group we will start in the Spring. We have arranged a Tea Dance in March at Whalley Golf Club, as apparently the alchemy of movement, music and connection with others cannot be underestimated. Lots of people shy away and say they have no dance ability, it's just a matter of doing a little shimmy when a favourite tune comes on the radio.

Co-ordinating body + mind to music is the ultimate workout, it improves balance and flexibility as well as burning calories and gives a great feeling of well being.

Let's all make a New Year's Resolution to try something new at the u3a in 2024.

Marjorie Taylor Chair



December Meetings

Activity Group	Date	Time	Group Convener	Information	Meeting Frequency
Architecture	Dec 6th	1.30 pm	Paul Fisher 07874 696374	Meet at Trinity Hub. Mill Architecture by John Lenehan. Note: 1.30pm start and Jacob's Join.	1 st Wed
Art Appreciation		2pm	Ann Ward 07783 894855 topgm@hotmail.co.uk	Meet at WBVH. No Meeting in December.	4 th Tues
BH Band	Feb 1st	2pm	Anne Rhodes Butler brearpm@gmail.com Roy Gonsalves rmgonsalves@hotmail.co.uk	Meet at Whalley Golf Club. No Meeting until 1 st Feb	1 st Thurs
Board Games	Dec 20th	2pm	Lesley Charnley 01200 538476 lwcharnley@gmail.com	Meet at Convenor's Home. 1 Meadowlands, Low Moor, Clitheroe. (Now including Scrabble)	3 rd Wed
Book Discussion	Dec 14th	2pm	Ann Yates ann.yates01@gmail.com	Meet at Clitheroe Library. Oh William by Elizabeth Strout .	Usually 4 th Thurs
Canasta		6.30 pm	Suze Grant 07984 544138. John 07730324136	No Meeting in December	3 rd Fri
Circle Dancing	Dec 6th/ 20th	10 am	Sally Maxwell 01772 379926	Pendleton Village Hall.	1 st /3 rd Wed
Discussion Group	Dec 14th	1 pm	Liz Lawson and Sandra Allwood 01254 697183 01254 245191	Meet at Convenor's Home, Myles Wife Hey BB1 5QZ Christmas Food	2 nd Thurs
Food and Wine	Dec 7th	12.15 pm	Gill Kilbey 07840 882775	Christmas Lunch at The Italian Orchard.	Usually 4 th Thurs
French Conversation	Dec 19th	2pm	Sue Paramore 07515 988955 sueparamore@gmail.com	Meet at Clitheroe Fire Station, Princess Avenue BB7 2AL.	3 rd Tues
Gardening	Jan 5th	2pm	Ann Ward 07783 894855 topgm@hotmail.co.uk	Meet at Trinity Hub The first meeting is Jan 5 th .	1 st Fri
Genealogy		10 am	Marianne Wilson mrsmariannewilson@gmail.com	No Meeting in December.	4 th Tues
Geology	Dec 13th		Frank Taylor frankhtaylor@yahoo.co.uk 07952 720778	Meet at WBVH Leslie Collins – "What did the meteorites do for us".	2 nd Wed
German Conversation	Dec 7th	1pm	Denis Cassidy 01254 822345. David Grimes davidgrimes1@mac.com 01254 240707	Meet at the home of Margaret Cunliffe, 14 Pinder Close, Waddington BB7 3LF.	1 st Thurs

December Meetings cont.....

Group	Date	Time	Group Convenor	Information	Meeting Frequency
History		2 pm	Hazel Best hazelbest@gmail.com 01200 426756	Meet at WBVH No Meeting in December	4 th Wed
Italian Conversation	Jan 23rd	2pm	Wendy Richardson 01254 247977	No Meeting in December 44 Kemp Court Ramsgreave , Blackburn BB1 9DB.	4 th Tues
Let's Lunch	Feb 15th	Noon/ 12.30 pm	Anne-Rhodes Butler brearpm@gmail.com 07597955474	No Meeting until February 15 th . Venue to be confirmed.	3rd Thurs
Music Appreciation	Dec 4th	1pm	Margaret Cunliffe 01200 424940 marywoodmhs@gmail.com	Meet at WBVH. Note earlier time for our lunch, followed by member's Seasonal Music.	1 st Mon
Play Reading	Jan 22nd	1.15 for 1.30 pm	Kate Hamlin 07732 721963 Helen Coles 07835 920887	No meeting in December. Meet at Clitheroe Fire Station, January 22nd. Doors open 1.15 for 1.30 start	4 th Mon
Plodders		10.30 am	Marie Birkett 07941 581349 mariebirkett58@hotmail.co.uk	No Plod in December See page 5.	3 rd Tues
Science and Scientific Enlightenment	Dec 20th	11am	David Grimes davidgrimes1@mac.com 01254 240707	Meet at David & Jenny's house. 2 Lowerfield Langho BB6 8HE	3 rd Wed
Singing For Pleasure	Dec 5th	10am	Pat Pearce tel. 07974 815212 Patchp56@aol.com	West Bradford Village Hall. Note: Just one meeting.	Usually 1 st / 3 rd Tues
Strollers		10.45 for 11.00 am	Ann Kay. 01254 824103 ann.kaymitton@gmail.com	No Stroll in December. See Page 5.	4 th Mon
Table Tennis		1-3pm	Janet Elliott 01254 248106 Jkelliott108@gmail.com	No Meeting in December.	4 th Thurs
Walking Group		9.45 for 10 am	Julie Cooper julescoops@yahoo.co.uk	No walk arranged for December. A walk is needed for January 19th. See page 5.	3 rd Fri
Wine Appreciation	Dec 21st	3 pm	Christine Snape clitheroechristine@gmail.com	Meet at 1 Beechwood Ave. Bring a researched bottle of wine and a small titbit of food	3 rd Thurs



Christmas Lunch 2023

Foxfields Country House Hotel
Whalley Road BILLINGTON BB7 9HY
Tuesday 12th December
12 noon Table Magicians
12.45 Lunch

2.45pm Local School Children will sing Carols and Christmas Songs.

**There isn't a Main Meeting
In December.
The next Main Meeting is
January 31st 2024.**

More Group information

Walking Group.

No walk is arranged for Friday 15th December.

Friday 19th January 2024

I am away and so am unable to lead a walk on this date. I would greatly appreciate it if any member of the group has a walk in mind that they would be happy to lead on this date.

Please can you let me know in December so the details can be published in Newsflash.

Group Convenor: Julie Cooper (07981 473806) email:julescoops@yahoo.co.uk

Strollers

No stroll in December.

Next Stroll January 22nd 2024. Meet at 10.45am for 11am start at Clitheroe Old Station Building for short stroll followed by Lunch and Planning Meeting at The Swan and Royal Hotel, Castle Street.

Convenors Ann Kay 01254 824103 Wendy Richardson 01254 247977

Plodders

No Plod in December and January.

Group Convenor Marie Birkett 07941 581349. mariebirkett58@hotmail.co.uk

Gardening Group

At the very well attended preliminary meeting of members interested in re-establishing a Garden Group, it was agreed to hold a planning meeting on Friday 5th January at 2.00 pm at The Trinity Hub in Clitheroe.

Ann Ward agreed to act as convener with the support of Eileen Narain and Suze Grant.

All u3a members are very welcome to attend and to contribute ideas for the future format, as well as volunteer to make presentations etc.

If you are unable to attend but are interested or have ideas to contribute, please contact Ann at :-

topgm@hotmail.co.uk or call or text 07783894855.

You don't need to have a garden to be interested!

Singing for Pleasure



U3A SINGING FOR PLEASURE

OPEN MORNING

***Come along and join us on Tuesday 5th December
10am at West Bradford Village Hall for a morning of
Christmas music and singing with extra surprises and
seasonal refreshments.***



CHRISTMAS FRUIT COMPOTE

300g can of Lychees
1 pineapple
50g caster sugar
15ml brandy
1 cinnamon stick
1 tsp ground ginger
225g seedless grapes
A few cranberries
Cream or yogurt to serve.



1. Strain the Lychees (reserve the juice)
2. Peel, core and chop the pineapple.
3. Put the juice, sugar, brandy and spices in a pan till the sugar has dissolved.
4. Add all the fruit to the pan and bring to the boil for 1-2 mins.
5. Serve warm or chilled with cream or yogurt.





A time to celebrate always involves Fizz! It depends whether you enjoy Champagne from Epernay or a budget fizz such as Cava from Spain or Prosecco from Italy. Recently a friend gave me a glass of Sainsbury's Pignoletto which is £8 a bottle. Delicious on its own, use in Bucks Fizz or mix with Brandy. It is a delicious sparkling wine with delicate notes of white blossom and lively palate of green apples. Along with some interesting Canapés what a lovely start before Christmas dinner. A clank of champagne flutes with family or friends. How lovely!

I usually start Christmas Day with a glass of homemade mulled wine especially if it is a cold winter's day! Make it from a bottle of inexpensive red wine, dash or two of Brandy, 100 ml orange juice(optional), sliced oranges or strips of zest, 4 cloves, 50g sugar(vary according to taste) and 2 cinnamon sticks. Warm it gently but do not boil. Listen to a Christmas carol and enjoy!

The starter for Christmas day lunch/dinner may be light in view of what is to follow. A fish/prawn starter with a dry white wine would be appropriate. This should be served at 7 degrees (2 degrees above refrigerator temperature) so that it is not too cold which mutes the flavours.. If you are having Poached Salmon a slightly chilled Pinot Noir or Red Burgundy is a perfect combination!

The main course is more difficult! Beef pairs favourably with rich reds such as Cabernet Sauvignon, Barolo, Primitivo or a Bordeaux red. Unfortunately, these wines would Not go with the delicate flavour of Turkey. Maybe a richer buttery chardonnay or white Burgundy would pair much better..

As in France the cheese board especially with Stilton should be served next with a nice glass of Port of your choice- a Ruby or Tawny (maybe a Colheita).

Finish with dessert. A light dessert such as a Crème Brulee with Fruit and a Christmas Shortbread would marry perfectly with a sweet Sauterne. Traditionally Christmas Pudding is served with Rum/Brandy Butter or Sauce. Alternatively, Christmas Cake or Mince Pie with a glass of delicious PX Sherry.

Cheers and Happy Christmas.

Christine Snape,

Convenor of The Wine Appreciation Group.

Visual Arts Study Group

This new group has been formed by members of the 'Art Forum', and the now disbanded 'Painting' group. It will initially be time-limited for the production of the 'Clitheroe Art Map', which is scheduled for completion by mid-2024.

All members will be working on their own visual pieces in a media of their own choosing, and will take turns in hosting pre-arranged get-togethers. The map will be assembled as a joint activity, with a view to exhibiting it to the u3a Clitheroe, along with individual work relating to the project.

The group will also be looking to organise one-off study days, but these are still in the early planning stages ~ watch out for announcements.

The next meeting of the study group is at 10.00am on Thursday 11 January 2024 in the house of Meg Shaw at 17 Pagefield Crescent, Clitheroe BB7 1LH.

If you wish to join this group, please contact Jacquie Melia for further information.

jacquiemelia@gmail.com

A warm welcome this month to New Members: -
Jean Holt, Elizabeth McKenzie, Kathryn Bateson, Pamela Palmer,
Megan Ellis-Smith, Glenys Davies, Peter Hussey, Narayana Picton,
Martin Drury, Margaret Wade and Kathleen Leaver.



The Three Wise Men

It is a little-known fact that the Three Wise Men who visited Bethlehem actually came from Yorkshire.

We can read that.....

"The Wise Men came from the east riding
on camels"

The History Group enjoying Christmas food after a very informative talk by Philip Bradshaw on Lord Leverhulme



The Walking Group at Roddlesworth



Let's Lunch

The Waddington Arms was our last Let's Lunch until the New Year. Looking forward to our Christmas lunch with all our U3a friends, then a break in January. Our next lunch is Thursday 15th February. Venue to be confirmed. Menus will come out 3rd week in January.



Television



November's talk by Frank Vignon prompted many happy memories of watching Andy Pandy, the Woodentops and Bill and Ben, sat on the hearth rug in front of a blazing coal fire in my childhood farmhouse. The farm was on the side of Longridge Fell and even when ITV arrived the signal went right over the hill, so we only ever had BBC! Frank reminded us of the magnifying glass and giving the television a thump to make it work. On our little telly with magnifying glass we used the poker. If it had just been removed from the fire "burn marks" were scored to the top of it.

In comparison I was invited to the studios at Media City in Manchester in July when Sylvia, a friend of mine and also a member of Clitheroe U3a, had been chosen to be a contestant on the New Deal or No Deal hosted by Stephen Mulhearn.

How different this studio is to the studios in the 50's that Frank told us about. You are greeted by an enormous "set" with dynamic lighting and gadgets. The many camera men spent ages trying different angles and focus to get it perfect. The dozen sound men and ladies fiddled with the microphones and moved equipment up and down. The audience were told when to be silent and when to clap. There was also a "front man" to make the audience laugh prior to filming. Stephen Mulhearn read his commentary from an auto-cue and had his face dusted by makeup powder at every advert break. The contestants had taken several items of clothing in advance and the wardrobe ladies chose what they would wear for each session. To achieve "perfection" there were so many re-takes! So different from the 1950's!

Sylvia was on ITV on Monday, the 20th November as a contestant and opens her box on the Friday, the 24th November. I was wired up with a microphone on the front row of the audience behind her. Stephen did ask me a couple of questions which hopefully will be edited out!

Seventy years from the 1950's-2023 has seen so many changes in television.

EDITORIAL COMMENT

Have you anything to contribute to the NewsFlash? We would like all our members to contribute. Anything that interests you, short pieces are fine. Text should be sent as Word Documents, or just within an email rather than attachments. Illustrations or photographs are best sent separate from text, in jpg format.

January NewsFlash deadline: 22nd December. Please send contributions by email to the Editor Robin Taylor

newsflasheditoru3aclitheroe@outlook.com

A Sculpture for Clitheroe

As a newcomer to the town, two things struck me on my arrival: the dominance of Pendle Hill in the landscape and the number of dogs being taken for walks. It was something of a shock as I'd lived for many years in a more undulating landscape and where cats dominated the streets and our conversations. Our connection to animals runs deep. They are our companions. They live in our homes. We know from historical records that sheep, goats and cows often lived in the same buildings as their owners. This closeness between people and beasts also appears in folklore and folk stories which often explore and describe places and people on the margins. In such tales, psychological boundaries are blurred. When humans and animals were thought to cross a threshold, they were given the trait of having a *familiar*. You've probably heard this name before. *Familiars* appear more than once in the account of the Pendle Witch trials of 1612.

James Device, one of the so-called Pendle Witches, was accused of having a familiar, a dog by the name of Dandy. He was executed, along with other family members. Confessing to having a familiar meant you were in league with the devil.

Novelists have long been fascinated by these Pendle families and so have artists and sculptors. A few months ago, I attended a meeting to discuss a project; to bring a public work of art, the first of some size, to Clitheroe. I learnt that the sculpture, made of blackened stainless steel, was inspired by the folklore of familiars and James Device's dog, Dandy, in particular. Booth's Supermarket had already offered a plot on their land for its installation; a prominent place where passers-by can stop, wonder and read about its history on an interpretation board. The sculptor, Marjan Wouda, originally from Holland, living for many years in Darwen, has an international reputation with other animal sculptures situated in outdoor spaces in Lancashire.

For more information, please contact Yvonne Lyon, Clitheroe u3a. yvonnelyon@tinyworld.co.uk

Opportunities to renew u3a membership for 2024 are as follows:

- Coffee Morning on Wednesday November 29th, 10:15 until 11:45am, Trinity Methodist community hub.
- Tuesday January 9th 10:00am until noon, St Mary's Church Hall, Clitheroe, special renewal event.
- Tuesday January 30th 1:30 until 2:00pm prior to the usual general meeting, St Mary's Church Hall, Clitheroe.

At these events payments by Cheques and Bank Card can be taken, but please no cash (no banks!).

Payment of £20 can be made at any time by:

- Cheques made out to U3A Clitheroe, sent to David Grimes at 2 Lowerfield, Langho, Lancs BB6 8HE
- BACS, bank transfer, details below.

Account Name: **Clitheroe u3a Third Age Trust**

Sort Code: **30-90-89**

Account number: **40457160**

Clitheroe u3a Officers and Committee 2023

Chairman:	Marjorie Taylor	01254 249897	marjorietaaylor@hotmail.co.uk
Vice-chair:	Janet Elliott	01254 248106	jkelliott108@gmail.com
Secretary:	Julie Whitehead	07474 860250	secretaryu3aclitheroe@outlook.com
Treasurer:	Paul Fisher	07874696374	treasureru3aclitheroe@outlook.com

Committee Members

Groups Co-ordinator:	Jenny Grimes	01254 240707,	jennygrimes46@icloud.com
Membership secretary:	David Grimes,	01254 240707,	davidgrimes1@mac.com
Newsletter editor:	Robin Taylor,	01254 249897,	newsflasheditoru3aclitheroe@outlook.com
Speakers Secretary	Roy Gonsalves,	01200 442460,	rmgonsalves@hotmail.co.uk
Committee Members	Liz Wolstenholme,		
	Jeremy Lambert,	Anne Rhodes-Butler	
Co-opted Members	Su Penson,	Eileen Narain	

Committee Support Team

ICT Support Team:	Jonathan Pickup, Brian Hudson
Publicity Officer:	Mary-Ann Renton
Refreshments Co-ordinators:	Janet Elliott, Liz Wolstenholme and Sue Monk
Special Events:	Gill Kilbey & Liz Wolstenholme
Webmaster:	Frank Taylor frankhtaylor@yahoo.co.uk