



NewsFlash

Registered Charity No: 1082254

The Newsletter of u3a Clitheroe February 2024

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

HELLO
February

The second month of the year is here and also as a leap year we have 29 days to enjoy. February comes from the Latin word – Februum – meaning purification, It is the third and last month of winter in in the Northern hemisphere.

The month's birth stone is Amethyst and the flower is Primrose

One or two days to remember this month are:-

February 1st The blood oranges are here (marmalade making)

2nd World Ukulele Day

4th Yorkshire Pudding Day

10th Chinese New Year (The year of the Dragon)

11th International Women's Day

13th Shrove Tuesday

14th Saint Valentine's Day

14th Ash Wednesday

A Valentine's Day Cocktail

Gin

Elderflower Cordial

Lime Juice

Sparkling Wine preferably Champagne

Pancake Recipe

100g Plain Flour

2 large Eggs

300ml Milk

Pinch of Salt

Enjoy with lemon juice &

February Meetings

Activity Group	Date	Time	Group Convenor	Information	How often
Architecture	Feb 7th	2pm	Paul Fisher 07874 696374	Meet at Trinity Hub. Pioneers of Modern Architecture by Ivan Wilson	1 st Wed
Art Appreciation	Feb 27th	2pm	Ann Ward 07783 894855 topgm@hotmail.co.uk	Meet at WBVH. Constable's Larger Works by Joanne Wilson	4 th Tues
BH Band	Feb 1st	2pm	Anne Rhodes Butler brearpm@gmail.com Roy Gonsalves rmgonsalves1953@outlook.com	Meet at Whalley Golf Club. See Page 7.	1 st Thurs
Board Games and Canasta	Feb 21st	2pm	Lesley Charnley 01200 538476 lwcharnley@gmail.com	Meet at Convenor's Home. 1 Meadowlands, Low Moor, Clitheroe BB7 2ND.	3 rd Wed
Book Discussion	Feb 22nd	2pm	Ann Yates ann.yates01@gmail.com	Meet at Clitheroe Library. The Children Act by Ian McEwan.	4 th Thurs
Canasta	Feb 16th	2pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's home. 1 Beechwood Ave. See Page 6.	3 rd Fri
Circle Dancing	Feb 7th/ 21st	10 am	Sally Maxwell 01772 379926	Pendleton Village Hall.	1 st /3 rd Wed
Discussion Group	Feb 8th	1pm	Liz Lawson and Sandra Allwood 01254 697183 01254 245191	Meet at Convenor's Home, Myles Wife Hey BB1 5QZ.	2 nd Thurs
Food and Wine	Feb 22nd	7 pm	Gill Kilbey 07840 882775	Meet at Gill Kilbey's home. 11 St Mary's Drive Langho BB6 8DL for Nibbles and Planning.	4 th Thurs
French Conversation	Feb 20th	2pm	Sue Paramore 07515 988955 sueparamore@gmail.com	Meet at Clitheroe Fire Station, Princess Avenue BB7 2AL.	3 rd Tues
Garden Group	Feb 2nd	2pm	Ann Ward 07783 894855 topgm@hotmail.co.uk	Meet at Trinity Hub My Favourite Garden. Member's own contributions See Page 10.	1 st Fri
Genealogy	Feb 27th	10 am	Marianne Wilson mrsmariannewilson@gmail.com	Meet at WBVH. Using Ancestry to create your Tree.	4 th Tues
Geology	Feb 14th	2pm	Frank Taylor frankhtaylor@yahoo.co.uk 07952 720778	Meet at WBVH Diving into Deep Time, the Hadean, Archean and Protozoic ages. The Pre Cambrian continues.	2 nd Wed
German Conversation	Feb 1st	2pm	Denis Cassidy 01254 822345. David Grimes davidgrimes1@mac.com 01254 240707	Meet at the home of Kate Carey.	1 st Thurs

Group	Date	Time	Group Convenor	Information	How often
History	Feb 26th	2 pm	Hazel Best hazelbest@gmail.com 01200 426756	Meet at WBVH "Getting Knotted" – A talk about the Sealed Knot Society" by Jonathan Pickup.	Note Mon
Italian Conversation	Feb 27th	2pm	Wendy Richardson 01254 247977	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	Meet at Myton Fold , Langho BB6 8AB.	3rd Thurs
Music Appreciation	Feb 5th	2 pm	Margaret Cunliffe 01200 424940 marywoodmhs@gmail.com	Meet at WBVH. Discovering Dmitri Shostakovich, presented by Margaret Cunliffe	1 st Mon
Photography	Feb 12th	2 pm	Mark Stein markstein2010@live.co.uk	Meet at The Trinity Hub Room 2 for an audit of members equipment	2 nd Mon
Play Reading	Feb 26th	1.15 pm	Kate Hamlin 07732 721963 Helen Coles 07835 920887	Meet at Clitheroe Fire Station, Doors open 1.15 for 1.30pm start.	4 th Mon
Plodders	Feb 20th	10.30am	Marie Birkett 07941 581349 mariebirkett58@hotmail.co.uk	Meet at the Car Park opposite Shackletons, Chatburn BB7 4JY. See page 5.	3 rd Tues
Quiz	Feb 23rd	2pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's home 1 Beechwood Avenue Clitheroe BB7 1EZ For a Fun Quiz Afternoon	4 th Fri
Science and Scientific Enlightenment	Feb 21st	10 am	David Grimes davidgrimes1@mac.com 01254 240707	Meet at Trinity Hub. "The remarkable Origin of Life on Earth" David Grimes	3 rd Wed
Singing For Pleasure	Feb 6 th / 20th	10am	Pat Pearce tel. 07974 815212 Patchp56@aol.com	West Bradford Village Hall. Note: Just one meeting.	1 st /3 rd Tues
Strollers	Feb 26th	10.45 for 11.00am	Ann Kay. 01254 824103 ann.kaymitton@gmail.com	Meet at the car park behind The Waddington Arms Waddington BB7 3HP. See Page 5.	4 th Mon
Table Tennis	Feb 22nd	1-3pm	Janet Elliott 01254 248106 Jkelliott108@gmail.com	Meet at the Trinity Hub.	4 th Thurs
Walking Group	Feb 16th	9.45 for 10 am	Julie Cooper julescoops@yahoo.co.uk	Meet at the car park opposite The Dressers Arms, Wheelton PR6 8HD. See page 5.	3 rd Fri
Wine Appreciation	Feb 15th		Christine Snape clitheroechristine@gmail.com	Meet at 1 Beechwood Ave for Northern Italian Wine, please bring cheese and biscuits.	3 rd Thurs

No Main Meeting in February.

The next Main Meeting will be on March 12th
at St Mary's Hall 1.30 for 2pm.

Our AGM will be held at the Main Meeting
on Tuesday 9th April.

Clitheroe u3a Speakers: 2024

Date	Subject	Speaker	Fee
January 30th	The Mayor of Ribble Valley	Mark Hindle	
February	///NO MEETING /////	////////	/////
March 12th	Simon & Garfunkel	The Robinsons	
April 9 th (AGM)	The third Engineer	Brian Eastman	
May 14th	Customs Officer Part 1	Brian Topping	
June 11th	Ambles Past Architecture	Josephine Gosling	
July 9th	Life and Work of William Wordsworth	Christine Marshall	
August 13th	Singer	Nicola Mills	
September 10th	TBA		
October 8th	History of Advertising	Frank Vigon	
November	Customs Officer Part 2	Brian Topping	
December	TBA		

More Group information

Walking Group.

Heapey Reservoirs and White Coppice walk.

The 16th February walk is a circular walk of approximately 5 miles, with a couple of inclines, the majority of the walk being gently undulating.

The walk is a mixture of well-made paths, tracks and some field paths which may be muddy subject to weather. The walk includes a couple of short sections of roadside walking and approximately 5 wooden stiles.

Meet at 9.45am for a 10am start in the large FREE CAR PARK opposite The Dressers Arms, Briers Brow, (off the A674), Wheelton, PR6 8HD
Lunch and planning meeting afterwards in The Dressers Arms.

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

Strollers

Meet on Monday 26th February at the Car Park behind the Waddington Arms Hotel, Waddington BB7 3HP.

10.45 for 11am start. This is a circular stroll of approx 3miles along country lanes and paths with no steep gradients. Lunch (optional) at The Waddington Arms.

Convenors Ann Kay 01254 824103. Wendy Richardson 01254 247977

Plodders

Date and Time: Tuesday February 20th – 10.45 for 11.00 am

Walk Leader: Ron Lovell- Tel: 01200 374094

Meeting Place: Car Park opposite Shackletons, BB7 4JY now a Dentist practice.

Details Below:

From the car park towards Chatburn Village Green and on towards Downham passing the Old Police Station, then back to Shackletons past the old Chatburn Railway Station. This is a flat steady circular walk on paved footpaths. Please wear suitable footwear. The walk will take around 1hr 15mins.

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

More Group information



History Group

We meet at West Bradford Village Hall usually on the 4th Wednesday of the month, but for this month's meeting, it will be on Monday the 26th February.

'Getting Knotted'

A talk about The Sealed Knot Society
by Jonathan Pickup

Canasta Group

Canasta has now been revived by Christine Snape. The first meeting on Friday 16th February at 2pm is at her home 1 Beechwood Ave, Clitheroe BB7 1EZ. There's a warm welcome for existing players and novices. The first meeting will be a training session at first followed by time to play Canasta.



Quiz Group

Come along to a fun quiz afternoon on the last Friday of every month. Refreshments at half time. This will be done using a DVD on a big screen and there will be 5 questions in 10 categories.

Question 5 in each category is called Stop the Clock.

Costs £1.

Contact;

Christine Snape 1, Beechwood Avenue, Clitheroe. BB 7 1EZ

clitheroechristine@gmail.com



More Group Information

PHILOSOPHY BITES - an occasional series of short courses is proposed, such as 'Living ethically in today's world' 'What is this thing called beauty?' 'Humanity and everything else' 'Where is the fault in that argument?' etc
THE PHILANDERING PHILOSOPHER - an introduction to philosophy, to launch the series and plan, will be held on Thursday March 14th 2024 between 1400 - 1600hrs in the Mutual Room at St Mary's. No previous experience will be assumed though any would be welcome.
Please register with me at a meeting, by telephone 01200 426103 or email shawmargret@gmail.com. There will be a small fee for rental and refreshments.

Meg Shaw



Art Appreciation

Constable's Larger Works

by Joanne Wilson

The Meeting is at West Bradford Village Hall

on February 27th 2pm.

The BH Band

50s 60s and 70s Music

Do you sing in the bath,
or sing along to the Radio in your car?
Then come along and join our
Well-being Choir.

2pm at Whalley Golf Club
on the first Thursday of every month.

Welcome to our New Members on 1st February.

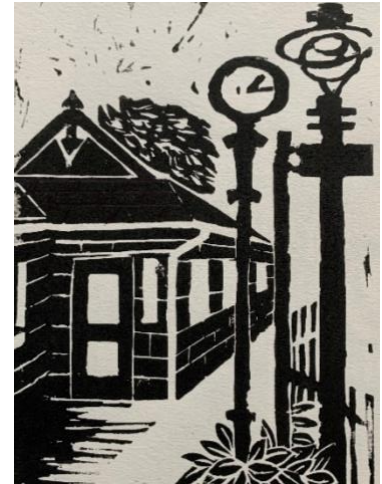


Visual Arts Study Group

This group continues working on the production of the Clitheroe Art Map. The Map project is planned for completion by mid-2024.



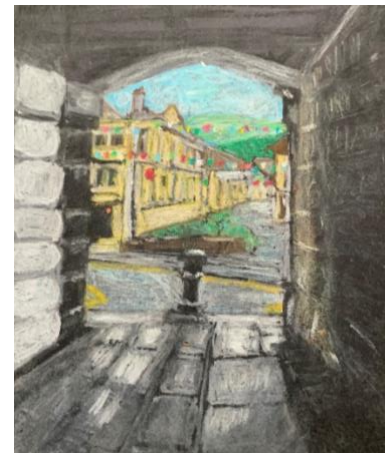
All members work on their own visual pieces in media of their own choice. Examples are included in this article using a variety of media including textiles, pen and ink, water colour pencils and paint, collage and lino-cut printing.



The map will be assembled as a joint activity with a view to exhibiting to the u3a Clitheroe members along with individual work relating to this project.



The next meeting of the group is on Sat. March 16th from 10.30am to 12.30pm at Worston Mission. (further details on request - see below)
If you wish to join the group, please contact Jacquie Melia on jacquiemelia@gmail.com.



Photography Group



At very productive initial meeting of the new Photography Group it has been decided that the first meeting will be at The Trinity Hub room 2 on Monday February 12th 2-4pm.

This will be a session to audit members equipment.

Mark Stein has very kindly offered to lead the group with help from Jeremy Lambert.

Bird of the Month

Blackcap-Sylvia atricapilla

weight: 14-20g

habitat: bushy woodland

status: secure

food: insects and soft



My most exciting sighting in the garden was a female (or juvenile) blackcap on the 16th January. The female has a brown cap. These warblers usually migrate to warmer countries in the winter. Those seen in the UK in winter are mostly visitors from Central Europe. Some rely on food put out in feeders. The blackcap has a brilliant song... a very lively, varied warbling sounding like a speeded-up blackbird.

From, Gill Cameron a New Member

Coffee Morning

The date of our next Clitheroe u3a Coffee Morning is below: -

It's an Ideal opportunity for New Members to meet the Convenors and pick up information on our many Groups.

Trinity Community Hub Clitheroe.

Thursday Feb 22nd 10.15 – 11.45 am.



New Garden Group



February 2nd	My favourite Garden. Members own contributions.
March 1st	Beautiful British Northern Gardens Steuart and Anita Kellington
April 6th	Gardener's Question and Answers
May 3rd	Allotment gardening David Grimes
June 7th	Community Gardens and Plant sale Annie Wynn of Grow Preston
July 5th Bradford	Visit to Hazel Best's Garden in West
August	No meeting

New members very welcome and volunteers to present practical gardening topics who may not be members.

Meet and Greet Rota

30th January (January and February dates combined).	Pat and Roy
12th March.	Janice and Lynne
9th April (AGM).	Anne and Liz
14th May.	Denise and Christine
11th June.	Roy and Wendy
9th July.	Lynne and Jean
13th August	Anne and Liz
10th September	Janice and Pat
8th October	Wendy and Christine
12th November	Jean and Denise
10th December (Christmas lunch?)	

Food & Wine Group Burns Night

The Food and Wine Group had a very enjoyable evening at our last meeting which happened to coincide with Burns night. So naturally we took this as our theme for this month. It was generously hosted by Jenny & David Grimes assisted by Marjorie and myself Gillian. We were able to have a sit down three course meal consisting of ham haddie as our starter which was very tasty and cooked by Alan. We followed this with haggis, tatties and neaps as our main course. Our dessert was Cranachan the most traditional of Scottish dishes for Burns night. We all wore some form of tartan even kilts, as you will see from the pictures. This was a wonderful night enjoyed and celebrated by all who attended. Sharing a very traditional Scottish evening is what the u3a is all about.

Best regards for the coming year 2024 Gillian Kilbey convener of the Food and Wine Group.



TEA

u3a
Clitheroe

DANCE

£5



Includes
Tea/Coffee
Scone & Cream

Whalley Golf Club

BB7 9DR

Wednesday March 13th 2-4pm

Dances & Music to suit all tastes.

Contact:	Liz Wolstenholme	07562338790
	Gill Kilbey	07840 882775
	Marjorie Taylor	07716 192447

COME TOGETHER

An unforgettable performance of Lennon and McCartney's music on March 23rd at 2pm

Car Share to be arranged.

Contact: Anne Rhodes-Butler on 07597 955474
or Marjorie Taylor on 07716192447

Tickets from £15

GROWING OLDER IS GOOD

There is a free public lecture on February 5th at 5pm in the Darwin Lecture Theatre, University of Central Lancashire (UCLan), Preston. The link to book your place is www.uclan.ac.uk/events/listing/growing-older-is-good

This event will explore: Finding the way to hold onto our personhood in an ageist and discriminatory society - Challenging the growing brutality of data-driven services. The talk will be followed by an interactive, chaired debate with audience members.

Note that this marks a stronger focus being given by UCLan on active and healthy ageing. A matter that is clearly important for all our futures!

Malcolm J Fisk, Professor of Ageing and the Lifecourse - mfisk@uclan.ac.uk

Lip Reading

Hard of hearing and struggling to follow conversations?

Come to our friendly lip-reading classes, meet people with similar conditions and learn Lip Reading.

The group meet each Wednesday, 2pm-4pm

CLITHEROE LIBRARY £3.50 per session. For Further Details Contact
Ann Moss 07811 288395

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.

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

newsflasheditoru3aclitheroe@outlook.com

Annual General Meeting Tuesday 9th April 2024

u3a Clitheroe Annual General Meeting

Notice is hereby given of the 26th **Annual General Meeting** of u3a Clitheroe to be held at **14.00** on Tuesday 9^h April 2024 at St Mary's Centre, Clitheroe

Composition of the 2023–24 Committee:

Chair	Marjorie Taylor	End of term of office
Vice Chair	Janet Elliott	Standing down
Secretary	Julie Whitehead	Two years to serve
Treasurer	Paul Fisher	One year to serve
Groups Co-ordinator	Jenny Grimes	One year to serve
Membership Secretary	David Grimes	Two years to serve
Newsletter editor	Robin Taylor	Two years to serve
Speakers' Secretary	Roy Gonsalves	Two years to serve
Committee members	Jeremy Lambert	Two years to serve
	Jacquie Melia	Stepped down
	Anne Rhodes–Butler	Two years to serve
	Liz Wolstenholme	One year to serve
Co-opted	Su Penson	End of term of office
	Eileen Narain	End of term of office

Nominations are invited for Chair, Vice Chair and 1 Committee member

(Under the present Constitution an Officer's or committee member's term of office is three years and co-opted members serve until the next AGM.)

u3a Clitheroe

Nominations for Officers and Committee Members 2024–25

I/we nominate _____ as _____ (enter position)

Proposed by _____ Seconded by _____

Signature _____ Signature _____

Nominee's signature _____

Nominations close on 12th March 2024

Please return to Secretary: Julie Whitehead 15, Portchester Road, Clitheroe, BB7 2RG on or before 12th March 2024

Resolutions for the AGM should be sent to the Secretary at the above address by 8th March 2024

**Membership Renewal
£20 per person for 2024**

**There will be two opportunities for face-to-face membership renewal
with payment by Bank Card:**

**Tuesday January 30th
1:00pm to 2:00pm
before General Meeting 1:45pm for 2:00pm
Mutual Room, St Mary's Church Hall, Clitheroe**

**Thursday February 22nd
Coffee morning 10:15 to 11:45am
at Trinity Methodist Church Community Hub**

Payments by BACS can be at any time.

Bank Details:

Clitheroe u3a Third Age Trust

Sort Code 30-90-89

Account Number 40 45 71 60

Please make certain that you enter your name under "Payment Reference"
Those paying by BACS should confirm by email to the membership secretary, David
Grimes at: davidgrimes1@mac.com

**Payment by cheque can be made at any time,
made out to "U3A Clitheroe", and posted to
David Grimes: 2 Lowerfield, Langho, Lancs BB6 8HE**

A warm welcome this month to New Members: -
Stephen Rothery, Gill Cameron, Elizabeth Whatham, David Whatham,
Daphne Bulloch, John Hill, Chris Mowbray, Janet Mowbray, Sheran Todd.

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,	rmgonsalves1953@outlook.com
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