



NewsFlash

Registered Charity No: 1082254

The Newsletter of u3a Clitheroe March 2024

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

March is “Optimism Month” celebrated on March 1st each year.



The dictionary definition is, “Hopefulness and Confidence about the future”.

Optimism promotes positivity and hope, a reflection of the good things in our life and of gratitude. We are encouraged to set goals, take risks and never give up on ourselves.

Studies have shown that:

1. Maintaining an optimistic outlook can be beneficial for our physical health by boosting the immune system, making us less susceptible to illness.
2. Optimists have lower rates of depression; positive thinking is clearly important.
3. Optimism enhances endurance in difficult times, improves resilience, manages stress and helps to overcome hardship.
4. Optimists are more likely to achieve goals and to persist in the face of difficulty.
5. Optimists usually have an increased lifespan 11%-15% on average.

An optimist is someone who goes after Moby Dick in a rowing boat and takes the tartare sauce with him!!!!

“Write on your heart that every day is the best day of the year.”

“Don’t cry because it is over, smile because it happened.”

“Attitude is a little thing that makes a big difference”. Winston Churchill

Marjorie Taylor, Chair



March Meetings

Activity Group	Date	Time	Group Convenor	Information	How often
Architecture	Mar 6th	2pm	Paul Fisher 07874 696374	Meet at Trinity Hub. Eugene Viollet-le-Duc, polymath. Presented by Jonathan Pickup.	1 st Wed
Art Appreciation	Mar 26th	2pm	Ann Ward 07783 894855 topgm@hotmail.co.uk	Meet at WBVH. "Eric and Tirhaz", David Grimes	4 th Tues
BH Band	Mar 7th	2pm	Anne Rhodes Butler brearpm@gmail.com Roy Gonsalves rmgonsalves1953@outlook.com	Meet at Whalley Golf Club. BB7 9DR	1 st Thurs
Board Games	Mar 20th	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	Mar 28th	2pm	Ann Yates ann.yates01@gmail.com	Meet at Clitheroe Library. The Garden of Evening Mists by Tan Twan Eng.	4 th Thurs
Canasta	Mar 15th	2pm	Christine Snape clitheroechristine@gmail.com	Meet at Philip and Margaret Manning's home, 37 Langshaw Drive, Clitheroe.	3 rd Fri
Circle Dancing	Mar 6th/ 20th	10 am	Sally Maxwell 01772 379926	Pendleton Village Hall.	1 st /3 rd Wed
Discussion Group	Mar 14th	2pm	Liz Lawson and Sandra Allwood 01254 697183 01254 245191	Meet at Convenor's Home, Myles Wife Hey BB1 5QZ. Note change to 2pm.	2 nd Thurs
Food and Wine	Mar 28th	7 pm	Gill Kilbey 07840 882775	A Restaurant visit. Location and time TBA.	4 th Thurs
French Conversation	Mar 19th	2pm	Sue Paramore 07515 988955 sueparamore@gmail.com	Meet at Clitheroe Fire Station, Princess Avenue BB7 2AL.	3 rd Tues
Garden Group	Mar 1st	2pm	Ann Ward 07783 894855 topgm@hotmail.co.uk	Meet at Trinity Hub Steuart and Anita Kellington, Beautiful British Gardens North. See Page 7.	1 st Fri
Genealogy	Mar 26th	10 am	Marianne Wilson mrsmariannewilson@gmail.com	Meet at WBVH. The Settle Graveyard Project by Sarah Lister. See page 6.	4 th Tues
Geology	Mar 13th	2pm	Frank Taylor frankhtaylor@yahoo.co.uk 07952 720778 Dave Wilson 07909 821831	Meet at WBVH Various Member's contributions.	2 nd Wed

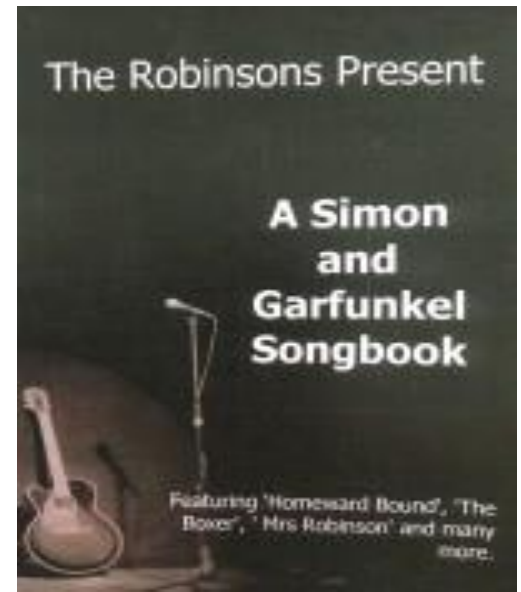
Group	Date	Time	Group Convenor	Information	How often
German Conversation	Mar 7th	2pm	Denis Cassidy 01254 822345. David Grimes davidgrimes1@mac.com	Meet at the home of Eve.	1 st Thurs
History	Mar 27th	2 pm	Hazel Best hazelbest@gmail.com 01200 426756	Meet at WBVH "Policing - Then and Now" A talk by Nikki Bithell (retired Chief Inspector)	4 th Wed
Italian Conversation	Mar 26th	2pm	Wendy Richardson 01254 247977	44 Kemp Court Ramsgreave, Blackburn BB1 9DB.	4 th Tues
Let's Lunch	Mar 21st	Noon/ 12.30 pm	Anne-Rhodes Butler brearpm@gmail.com 07597955474	Meet at Whalley Golf Club BB7 9DR.	3rd Thurs
Music Appreciation	Mar 4th	2 pm	Margaret Cunliffe 01200 424940 marywoodmhs@gmail.com	Meet at WBVH. Viola, presented by David Newsome.	1 st Mon
Photography	Mar 11th	2 pm	Mark Stein markstein2010@live.co.uk	Meet at The Trinity Hub Bring along 3 images that represent Spring. See page 6	2 nd Mon
Play Reading	Mar 25th	1.15 pm	Kate Hamlin 07732 721963 Helen Coles 07835 920887	Meet at Clitheroe Fire Station, Doors open 1.15 for 1.30pm	4 th Mon
Plodders	Mar 19th	10.30 am	Marie Birkett 07941 581349 mariebirkett58@hotmail.co.uk	Meet at Whalley Abbey The Sands. BB7 9SS. See page 5.	3 rd Tues
Quiz	Mar 22nd	2pm	Christine Snape clitheroechristine@gmail.com	Meet at Christine's home 1 Beechwood Avenue Clitheroe BB7 1EZ	4 th Fri
Science and Scientific Enlightenment	Mar 20th	10 am	David Grimes davidgrimes1@mac.com 01254 240707	Meet at Trinity Hub. "Carbon" Patrick Gavin IgNobel Prizes 2023 Importance of Ditches.	3 rd Wed
Singing For Pleasure	Mar 5 th / 19th	10am	Pat Pearce tel. 07974 815212 Patchp56@aol.com	West Bradford Village Hall. Note: Just one meeting.	1 st /3 rd Tues
Strollers	Mar 25th	10.45 for 11.am	Ann Kay. 01254 824103 ann.kaymitton@gmail.com	Meet at Towneley Garden Centre car park Burnley BB10 4SD. See Page 5.	4 th Mon
Table Tennis	Mar 28th	1-3pm	Janet Elliott 01254 248106 Jkelliott108@gmail.com	Meet at the Trinity Hub.	4 th Thurs
Walking Group	Mar 15th	9.45 for 10 am	Julie Cooper julescoops@yahoo.co.uk	Meet at The Lord Nelson, Whalley Old Road, Langho. BB6 8DU. See page 5.	3 rd Fri
Wine Appreciation	Mar 21st	3pm	Christine Snape clitheroechristine@gmail.com	Meet at 1 Beechwood Ave Bring a bottle of Quirky European wine to discuss and cheese and biscuits.	3 rd Thurs

Main Meeting March 12th at St Mary's Hall 1.30 for 2pm

The Robinsons are an experienced duo.

An hour of all-live music and facts celebrating the fantastic music of Paul Simon and Art Garfunkel (with a sprinkling of Everly Brothers). Songs include 'Homeward Bound', 'Scarborough Fair,' 'Cecilia', 'Mrs Robinson' and many more.

Having spent our younger days singing and performing in various Church choirs, School Groups, Opera , Musical Theatre and plays we have spent the last 3 years successfully entertaining WI, Probus, U3A and Corporate groups with our 'Simon and Garfunkel' and 'Stage and Screen' songbooks.



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

**At this Meeting a new Chair and Deputy Chair will
need to be elected. We are also looking for a new
Committee Member. Please find the Nominations
Form for Officers and Committee Members in this
NewsFlash.**

More Group information

Walking Group

Dean Clough Circular

The 15th March walk is a circular walk of approximately 5 miles. The route takes in Old Nab Road, Billington Horse trail, Dean Clough Reservoir and the Tin Men sculpture.

The walk has some steep sections, and is a mixture of country lane, well-made tracks, and field and country paths which may well be muddy subject to weather preceding the walk. There are approximately 4 wooden stiles and a stone stile.

Walking boots advised.

Meet at 9.45 for a 10am start at The Lord Nelson Pub, Whalley Old Road, Langho, BB6 8DU. Street parking available, and lunch afterwards at The Lord Nelson.

Walk leader Julie Cooper

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

Strollers

Meet on Monday 25th March at the Towneley Garden Centre, Deer Park Road, Burnley BB10 4SD. 10.45 for 11am start. This is an easy, approx 3miles, stroll through Towneley Hall Park on paths with no steep gradients. Lunch (optional) at the Garden Centre Cafe.

Leaders: Harold Foster & Wendy Richardson 01254 247977

Plodders

Date and Time: Tuesday March 19th – 10.45 for 11.00 am

Walk Leaders: Marie Birkett/Jenny Pek – 07941 581349

Meeting Place: Whalley Abbey. There is ample parking on the road outside the Abbey or in the Abbey Car Park.

Details Below:

This is a flat steady circular walk round Whalley taking in the Abbey and St Mary's Church on paved footpaths. Please wear suitable footwear. The walk will take around 1hr 15mins.

After the walk there will be a short planning meeting in the Artisan Coffee Shop to discuss future walks.

Group Convenor: Marie Birkett – Tel: 07941581349 – Email: mariebirkett58@hotmail.co.uk

More Group information

Photography Group.

A second well attended meeting of the new Photography Group was held on Monday 12th February, with thirteen members present.

We discussed the different sorts of camera equipment which we have and about learning to make the best use of our cameras paying attention to different camera settings. Reference was made to learning how to operate manual controls on some cameras which enable users to improve their photographs – for example by varying shutter speed and aperture size.

Meetings will be held on the second Monday of every month.

Our next meeting will be on Monday 11th March, 2.00-4.00 pm at the Trinity Hub. Members are encouraged to bring along to the meeting three specimen photographs on the theme of “Spring” (flowers, birds, landscapes etc). We will then look at the pictures together and consider how we can improve our camera techniques.

The Trinity Hub has kindly offered us the opportunity to exhibit some of our photographs in their space and we will aim to take them up on this offer when we have collected an appropriate number of suitable photographs.

Further information: contact Mark Stein markstein2010@live.co.uk
Mobile 07858 761337



Genealogy Group

On Tuesday March 26th at 10:00
at
West Bradford Village Hall

**Sarah Lister of the Settle Graveyard Project
will be giving us the talk**

Using Resources to Build a Story

More Group information

Garden Group.



Steuart and Anita Kellington present Beautiful British Gardens North Including RHS Harlow Carr through the year Lowther and Sizergh Castle Newby Hall, Harewood House, Castle Howard, Holker Hall ,Newby Hall. Trinity Hub 2.00pm Friday March 1st New members welcome.

A Taste of History, a short course.

Following my recent presentation to the History Group on Roman Food, a course on the History of British Food was suggested. In order to present the course and judge the interest, we will be holding an introductory meeting at The Trinity Hub Clitheroe, Room 2 Thursday 7th March 2.00pm For full information join us to learn more about history, experimental archaeology, recipes, individual research and much more.

If you are interested but can't make the meeting you can email me at:-
topgm@hotmail.co.uk
Ann Ward



History Group

The History group's 2024 programme began with a memorable meeting which featured insightful presentations by 6 members who had family and friends who were eyewitnesses to historical events. We learned of the experiences of a young cavalry lancer in the First Boer War, the life of a young cotton worker who became Lord Mayor of Bury and raised a Bantam Army in World War One and of the harrowing experiences of survivors of Dunkirk and the sinking of the Lancastria in 1940. Letters from a woman who was rescued from the Titanic and witnessed its sinking with her husband on board, and a young soldier writing to his wife from the Battle for Normandy in 1944, were particularly moving.



Walking Group

Thanks to the walking group members who braved the less-than-ideal conditions for February's walk. Thanks also to Jenny Grimes for administering some excellent 'First Aid' to Harold's boot!



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.

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

newsflasheditoru3aclitheroe@outlook.com

Goldeneye



These compact diving ducks can be seen in the UK all year round. The male goldeneye is a particularly attractive bird, having a black head with green gloss, a yellow eye and a triangular dark bill. It is easy to identify when out on the water by the rounded white spot below the eye (loral spot) which looks like its cheek. The gleaming white body appears to have black and white diagonal stripes along its side (scapular lines) and the tail and back are black.

I have been seeing a pair of goldeneyes on the local reservoir during January and February. They are shy birds, don't stay long, just two or three days, but have also been seen on another reservoir nearby. They nest in holes in trees from April to June, but I have never seen their young here. The other endearing thing about the goldeneye is the distinctive whistling sound made by their wingbeats.

Gill Cameron

Error....Did you spot that in the February NewsFlash that I inserted an image of a fieldfare instead of a blackcap.....

I should have known the difference between them... Editor, Erithacus Rubicula.



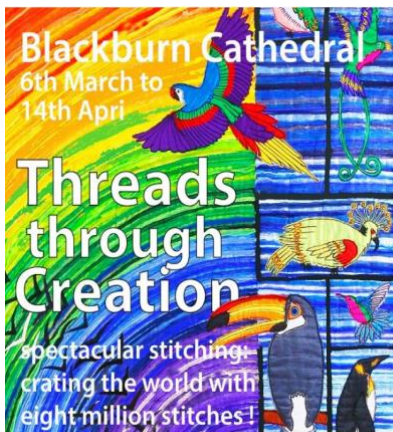
Fieldfare



Blackcap



Hubcap



Opening soon:

Spectacular textile art at Blackburn Cathedral – creating the world with eight million stitches!

'Threads through Creation' is an astonishing textile art exhibition showing at Blackburn Cathedral from 6th March until 14th April. It might be a bit of a journey for some, but it's probably right up their street for many u3a people - a real treat for anyone interested in the applied arts, textile art and sewing.

www.blackburncathedral.com

Admission free (donations welcome)

www.creation-threads.co.uk

TEA DANCE

u3a
Clitheroe

AKA

AFTERNOON RAVE



£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

Group Overview

	AM	PM
Monday	Strollers	Music Appreciation Play Reading Photography
Tuesday	Genealogy Plodders Singing for Pleasure	Art Appreciation French Conversation Italian Conversation
Wednesday	Circle Dancing Science	Architecture Board Games Geology History
Thursday		BH Band Book Discussion Discussion Group Food and Wine German Conversation Let's Lunch Table Tennis Wine Appreciation
Friday	Walking	Gardening Canasta Quiz

A Warm Welcome to New Members Janice Nutter, Bill Heywood, Barbara Proctor, Susan McConkey, Lesley Taylor, Louise Edwards, Clive Miles, Anne Miles, Angela Thornton, Paul Crabtree, Jill Crabtree, David Jones, Malcolm Foster, Judith Myerscough, Eleanor Brazendale and Judith Marr.

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

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