



## HINCKLEY U3A August Newsletter

On Tuesday 16<sup>th</sup> July, at our main 2 o'clock afternoon meeting at the Mary Forryan centre everyone thought HenryVIII himself had arrived and not John White portraying the Tudor King.

As soon as John walked into the meeting hall his presence was felt by all. His booming voice and imposing stature commanded immediate attention. It seemed that we U3A members had been joined by England's most famous and controversial monarch. John's voice and stature had the full house mesmerised. His superb costume must surely have come from the BBC archives or the British Museum. We were treated to a fascinating, condensed history of HenryVIII, who only became king because of the death of his older brother Arthur. We learned of the births, deaths and marriages of Henry, his six wives and the children they produced; and the executions of those who offended him.

Henry was an imposing Monarch, a monster in many ways, but certainly a king who will continue to fascinate people of all ages. A U3A meeting which will remain in our memories due to the powerful portrayal of HenryVIII by John White.

Our next meeting on the 20<sup>th</sup> August is a talk by Philip Caine entitled 'From Barrow to Bagdad and back'

Sylvia brought this to the wine appreciation one month and here below is the promised recipe

## **Boodles (a recipe from Sylvia Chawner)**

Boodles, a recipe put together by the chef of the Boodles Club in London in the 1750's.

300grms double cream  
28 grams icing sugar  
2 oranges  
1 lemon  
6 trifle sponges ( I found them at Sainsbury's)

### **Trifle bowl or similar**

Remove fine peel from the Oranges and Lemon using a zester, put to one side.

Remove the juice from the Oranges and the Lemon, reserve.

Break up the sponges into bite sized pieces, reserve.

Whisk the double cream to a very soft consistency, I use a hand whisk, not electric to the point where I can feel the cream resisting, before the soft peak stage, while the cream is still quite fluid.

fold in the icing sugar.

Pour over the Orange and Lemon Juice, fold very gently, just a couple of times, then add the Sponge pieces, fold lightly and pour into the dish, sprinkle the zest over the top.

Refridgerate over night if possible or at least for 4 hours.

NB the addition of the Orange and Lemon juices causes the cream to thicken, over whisking can make the mixture very thick.

The Photo below was taken at Middleton Hall on the 29<sup>th</sup> of July when the U3A History Group made an enjoyable visit.



### Trips in September

September 5<sup>th</sup> Gilbert and Sullivan Opera the Gondoliers at Malvern Theatre

September 18<sup>th</sup> A visit to Cork Abbey

September 19<sup>th</sup> Wellcome Museum in London 7.30 start there are still 3 places contact Samantha Ridgway 01827 716180

Group leaders please note annual reports to be in by October 1<sup>st</sup> please

Group leaders meeting Friday November 29<sup>th</sup> 10 am-12 George Ward Centre