



u3a

North Cotswold

January 2024
Newsletter

A Message from your Chair

Dear Members

I hope you have all had a very pleasant Christmas and my very best wishes to you all for a happy 2024 with the best possible health.

I really enjoyed 2023 with the North Cotswold u3a and thank you for your many emails showing you did too.

Our first Open Meeting of the year on Thursday 11th January at 2pm welcomes Nigel Smith talking about The Fleece Inn at Bretforton. Speakers this year are being arranged by Janice Fisher, one of our new committee members, so do try and come along to support her and have an interesting afternoon. If you can recommend a good speaker then please have a word with Janice at one of our meetings and I am sure she would be delighted to hear from you.

Group activities seem to be back with a swing in January and our first gathering for Coffee and Conversation will be at 10.30am on Wednesday 24th January at The Noel Arms, Chipping Campden. Everyone is welcome and there is usually plenty of parking in the main street or in nearby side streets or in the very small hotel car park. If you cannot make that date then we shall also meet on Monday 19th February somewhere!

Do not forget to contact Sue Lindsay if you need a lift to any event and in most cases she will be able to arrange something for you.

Warmest regards,

Hilary.

COMMITTEE CONTACT DETAILS CAN BE FOUND ON THE LAST PAGE OF THIS NEWSLETTER

Current Membership (full members) – 338
Number of Groups – 32

Website <https://u3asites.org.uk/north-cotswold/welcome>

Open Meetings Programme 2024

From Janice Fisher

Our *Open Meetings* take place in Willersey Village Hall at 2pm on the second Thursday of the month.

A suggested donation of £3 is payable at the door for both members and non-members.

Do you need, or can you offer members a lift to meetings?

The Committee would like to build up a bank of people who could occasionally give a lift to anyone who cannot easily get to Open Meetings and other u3a events. If you can offer help please contact our Welfare Officer, [Sue Lindsay](#), tel. 01386 446541

Similarly, please contact Sue should you need a lift!

Thursday 11th January

Tales of the Fleece Inn – Nigel Smith

Come and hear Nigel Smith, Landlord of the Fleece Inn in Bretforton talk about this fascinating building, its long history dating from 1425, unique features and artefacts such as the 'witches circles'. Nigel will also give us an insight into some of the people who have lived there.



Thursday 8th February

A Cruise through the West Midlands in 1971 – Roger Butler

Roger is an experienced speaker, established writer and photographer who regularly contributes to a wide range of magazines covering the outdoors, countryside, canals, heritage, and travel. He has a particular interest in the heritage of our canals and this fascinating and amusing talk takes in many of the canals of the Midlands, as well as the River Severn, at a time when many holiday boats chose not venture through Birmingham!

Thursday 14th March

The work of the RSPB in our locality – Peter Worthy

Cotswold Link Special Interest Day 2024

will be held at the Pavilion Cheltenham on 4th June 2024. With the theme Our Brave New World topics will include, Artificial Intelligence and Hybrid Systems.

More information and registration details will be announced on the Link website towards the end of January and in your next Newsletter

[u3a: Cotswold U3A Link: Cotswold Link and Member u3a Events \(u3asites.org.uk\)](https://u3asites.org.uk)

Healthy Resolutions You Can Actually Stick To

Making a resolution for the New Year does not have to be a big change – in fact, sometimes smaller resolutions can have the biggest impact on your overall health, and may even be easier to stick to.

Here are a few resolutions to consider as we embark on 2024:

Eat more whole foods, simply aim to fill your trolley/basket with more fresh foods instead of processed goods.

1. Drink plenty of water. From flushing toxins out of your body to boosting your metabolism, proper hydration is vital for good health.
2. Move more. Going for a walk with your dog. Doing some strength training during commercials. Taking the stairs instead of the lift. There are lots of sneaky ways to get more steps into your day.
3. Be more involved with people. An easy way to achieve this is to limit screen time – like putting away your phone during time with friends or family.
4. Remove negative thoughts. If you find yourself having a negative thought, recognise it and follow it up with a positive thought to help train your brain. For example, change 'I make a lot of mistakes' to 'There are many things I'm good at.'

Marion Davies

Group News and Events

History Group Programme

January 2 **CHANGE IN PROGRAMME**

Richard Cluley

Chipping Campden Silk Mill and the silk industry in the area.

A history of the buildings, the workers and Campden's part in the processing of the silk for the Coventry weavers.

February 6 Geoff Bayley (u3a member)

Thomas Fairfax (1612–1674)

The life of Thomas Fairfax, English politician, General, Parliamentary Commander-in-Chief.

Fairfax was a complex character who tried hard to prevent the Civil War from breaking out but was destined to become the Commander in Chief of the Parliamentary army that defeated the Royalist forces. Oliver Cromwell was appointed by and answered to him. Fairfax was vehemently opposed to the execution of the King, condemned Cromwell's claims of Divine providence, prevented a military coup after the Lord Protector's death and secured the Restoration of the monarchy under King Charles II. Fairfax has been overlooked by history and deserves far greater recognition for the vital role he played in securing our constitutional monarchy.

April 2 Kirsty Hartsiotis **(NB. 11 am START)**

Arts and Crafts Movement First World War Memorials in the Cotswolds

Kirsty Hartsiotis is a writer and storyteller, and also the curator of the Designated Arts and Crafts Movement collection at the Wilson Art Gallery and Museum in Cheltenham.

The First World War saw an outpouring of grief like nothing that England had seen before. Most communities had lost people, and all wanted a lasting memorial to those who were gone. It brought art to the forefront of the British public's mind, and was thus a business opportunity like no other for architects, designers, stained glass artists and monumental masons. For the designers of the Arts and Crafts Movement, it was a chance to guide and inform English artistic taste. The Cotswolds have an unusual number of Arts and Crafts memorials, due, in part, to the architects and designers who had settled in the county from the 1890s onwards. This talk will feature designers such as Ernest Gimson, Henry Payne, Edwin Lutyens and FL Griggs with a rich array of memorials from church and town alike, crosses to water troughs – and all the attendant politics in erecting them.

May 7 John Reid

'Ripping Yarns and Wizard Wheezes'; the golden age of British comics 1950–1975

The Golden Age of the Children's Comic. The Beano, Dandy, Bunty – all the greats, with copies to read.

Future talks include: The Great Train Robbery (1963); 'Birch, Beer, and Bibles: Tudor and Stuart Education'; The Early Development of the Royal Flying Corps; Sir William Marshal – one of the most celebrated knights of the Middle Ages.

u3a Festival 2024

The first UK-wide u3a festival is taking place 17–19th July 2024 at the University of York. The plan is to have a mixed and full programme together with activities, outings, music, speakers, sports and have-a-go sessions.

If you are interested in taking part in the festival or have any questions, please email festival@u3a.org.uk

Further information can be found on the u3a website under events. www.u3a.org.uk/events



The **Poetry Reading Group** began its autumn season with Thomas Hardy and the poems of Wessex, and ended with 'Betjeman at Christmas.' Along the way our own resident poet, Stella Cowmeadow, read some of her own verse for us – a very interesting experience; we were also introduced to the poetry of Christina Rossetti – touching on the Pre-Raphaelite brotherhood. All in all, we feel we are learning together, which is what the u3a is all about! Now, a new season beckons and here is the programme to which we invite **anybody** who might be interested.

8th January – 'Reading Wordsworth'

12th February – An introduction to the poetry of William Morris

11th March – 'Poetry of the Passion' – Twelve centuries of English Verse

8th April – Philip Larkin – '*A piquant mixture of lyricism and discontent.*'

Further details: John Thompstone. email: johndthompstone@gmail.com

Christmas Festive Buffet

Our December Open Meeting was a Festive Buffet in Willersey Village Hall on Thursday 14th December. It proved to be a very popular event with over sixty attendees. A glass of mulled wine welcomed everyone upon arrival and the festivities continued with a delicious cold buffet and a great choice of tempting desserts prepared by members of the committee and other helpers. Everyone was thoroughly entertained with a quiz prepared by Marion and carols with Roger Thornburgh at the piano. John Thompstone enlightened us with an historical insight into the origins of several of our well-known carols with some amusing anecdotes along the way. Then, coffee, tea and mints gave us a chance to see if our answers to the Christmas songs in the quiz were correct. Thank you to all those who helped make this such an enjoyable occasion.



Our ladies with their desserts at the Christmas Festive Buffet

Announcing Falling in love with your iPhone and iPad sessions Winter 2024

During the last 24 months we have delivered over 40 coaching sessions on using Apple technology.

These coaching sessions have proved to be as popular as ever. Therefore, we have decided to offer 9 more sessions during the winter months of January to March 2024.

The sessions will start at 2pm and the dates are as follows.

Monday 15th January
Thursday 18th January
Monday 29th January

Thursday 15th February
Monday 19th February
Monday 26th February

Thursday 14th March
Monday 18th March
Thursday 28th March

If you would like to attend one of these sessions please advise by email to david.lees111@gmail.com who will confirm your place.

These are Small Group practical, hands-on sessions discussing and practicing using iPads, iPhones and where requested Apple Mac computers. The aim is to help to build and improve on your levels of confidence, knowledge and capability while using Apple technology. Each session will last about 2 hours and will be limited in size to 4 people. Members will need to travel to a private home in Pebworth, CV378XA

David Lees
david.lees111@gmail.com
Mob. 07710336031

Welcome New Members

John Orange Rebecca Turton Cheryl & Andrew Dean
Christine & Richard Sutcliffe Catherine & Nicholas Woodward
Nigel Gilhead Piet Hein Velzeboer Susan Jessop

Keith Horden's (with a few Seasonal questions) Quiz

1. Which country first sees the sunrise on Christmas day?



Question 1. East Cape lighthouse



Question 6



Question 20

2. Which element is denoted by Hg in the Periodic Table?
3. In which US state is the town of Santa Claus?
4. George V's wife was Mary of Teck. Where is Teck?
5. Where in the Bible are Wise Men from the east mentioned?
6. In April 2023 which country became the 31st member of NATO?
7. What was Scrooge's first name?
8. What did 'my true love give me' on the 9th day of Christmas?
9. Where might you be wished 'Nadolig Llawen' ?
10. Who played 'all the right notes but not necessarily in the right order' in 1971?
11. In 1965 what was the first song broadcast from space?
12. How many time zones are officially recognised in China?
13. 'Nollaig Shona' is 'Happy Christmas' in which language?
14. What are Arabica, Excelsa, Liberica and Robusta?
15. What was the unique achievement of Hélène de Pourtalès?
16. The people of which nation are, on average, the tallest in the world?
17. On which date do Christians celebrate Christmas in Moscow?
18. What colour are mistletoe berries?
19. How do they say "Happy Christmas" in Italy?
20. What is the most recorded Christmas song in history?



Some more Recipes from Phyllis Andrews' Cookery Group

Sticky Chicken Marmalade Tray Bake

Maranade

6 tbsp. Fine Cut Seville Orange Marmalade
2 tbsp. Soy Sauce
2 tbsp. Dijon Mustard

6 Chicken legs (skin on) or 6 large Chicken thighs (skin on)

1. **Marinade.** Mix the marmalade, soy sauce and mustard.
2. Put the chicken pieces in a large bowl.
3. Pour over the marinade and mix well so that all the pieces of chicken are well coated. At this stage you can put the chicken in the fridge for up to 4 hours.
4. Put 3 tbsp. water in a roasting tin big enough to take the chicken pieces in one layer.
5. Put the chicken pieces on top and pour over the remaining marinade.
6. Cook in the oven at 170°C. (fan) for about 30 minutes spooning over the marinade halfway through the cooking time.
7. Test the chicken with a food thermometer then serve with the butter bean and leek gratin and creamed potatoes.

Butter Bean and Leek Gratin

3 large leeks (1½ lb.) (sliced, washed and well drained)
30 g. Butter
2 Cloves Garlic
300 ml. Double Cream
80 g. Very mature Cheddar Cheese (grated)
½ tsp. Worcester Sauce
1 tsp. Dijon Mustard
2 x 400 g. Tin Butter Beans (drained)
60 g. Soft Breadcrumbs
2 tbsp. Cold Pressed Rapeseed Oil

1. Sauté the leeks in the butter in a wide pan with a lid until softened. Add the garlic, the cheese, then add the cream, 100 ml. water, Worcester Sauce, and mustard.
2. Simmer until the cheese has melted then season to taste.
3. Stir in the beans then transfer to an ovenproof dish. Scatter with the breadcrumbs and drizzle with the oil.
4. Bake at 200°C. (fan) for about 15 minutes until piping hot with a golden topping.

NORTH COTSWOLD U3A ACTIVITIES 2024

Group	Venue	Day	Time	Contact
Arts and Crafts	Brio Beechwood Park, Wintergreen Court, Stow-on-the-Wold GL54 1FP	4 th Tuesday	10.00 am	Roger Thornburgh 01386 701235
Bridge for Improvers (tuition, monitored duplicate, Teams)	Willersey Village Hall	Every Thursday	10.00-12.00	Michael Robinson 01386 852675
Effortless Entertaining (Aga Cooking)	Private House – Willersey	4 th Wednesday, Thursday, Friday	11.00 – 2.00 pm	Fiona Tierney 01386 854654
Engineering & Transport	Childswickham Memorial Hall	4 th Friday	April – July AM Aug-March PM	David Dunbar 01386 858833 Penny Valender 01386 852853
Exploring Music	Willersey Village Hall	2 nd Tuesday	10 am	Andrew Mackrill 01608 684884
Family History	Private House Mickleton	2 nd Friday	2.00 pm	Liz Reeves 01386 430039
Food & Cookery (1)	Private House – Broadway	2 nd Tuesday	PM	Phyllis Andrews 01386 641361
Food & Cookery (2)	Private House – Broadway	1 st Thursday	PM	Phyllis Andrews 01386 641361
French Group 1 (Intermediate)	The White Hart Royal Hotel, Moreton-in-Marsh	3 rd Wednesday	2.00 pm	Ghislaine Craik 07733112089
French Group 2 (improvers)	The White Hart Royal Hotel, Moreton-in-Marsh	4 th Wednesday	10.30 am	Ghislaine Craik 07733112089
French Group 3 (For fairly fluent speakers)	The White Hart Royal Hotel, Moreton-in-Marsh	4 th Wednesday	2.00 pm	Ghislaine Craik 07733112089
Gardens & Gardening	Childswickham Memorial Hall (winter) Garden visits (summer)	2 nd Friday	10 am (winter) 2.30 pm(summer)	Fran Geering 07392114870
Golf Croquet	Behind Methodist Church, Willersey	1 st & 3 rd Tuesday	PM May to October	Richard Ingles 01386 853306
History	Weston-sub-Edge Hall	1 st Tuesday	10.00 AM	Pamela Endicott 01386 854812
Historic Churches	Various	3 rd Wednesday	AM	John Thompstone 01386 852930
Kurling	Willersey Village Hall	4 th Monday	AM	Sandra Spensley 01386 858637 Christine Sneddon 01386 854841

Group	Venue	Day	Time	Contact
Mahjong	Moreton-in-Marsh	2 nd & 4 th Monday	PM	Diana Lucas 01608 238092
Opera Appreciation (In conjunction with Winchcombe U3A)	Burland Hall, Stanton	3 rd Wednesday	2.00-5.00	Colin Davison 01242 603317 Ann Pitcher 01242 621328
Photography	Willersey Village Hall	2 nd Monday	AM	David Lees 07710 336031
Poetry Reading	Private Houses – Various	2 nd Monday	AM	John Thompstone 01386 852930
Reading for Pleasure	Private Houses – Various	1 st Monday	PM	Phyllis Andrews 01386 641361
Recorder Consort	Private House – Blockley	4 th Monday	PM 2.00-3.30	Hilary Thornburgh 01386 701235
Science for All meetings, field trips and videos	Wickhamford Memorial Hall	3 rd Friday	AM	Marilyn Watts 07747186282
Scottish Country Dancing	Bourton on the Hill	2 nd & 4 th Friday	AM	Diana Lucas 01608 238092
Skittles	The Snowhill Arms	3 rd Thursday	6.30 for 7.00pm	Brian Thackeray 07504 911892
Sunday Lunches	The New Inn, Willersey	3 rd Sunday	12.30	John Bissett 01386 859319
Table Tennis	Willersey Village Hall	1 st & 3 rd Thursday	5.00 – 6.00 PM	Helen Trussell 07496 112706
Touch Tennis	Willersey Village Hall	1 st & 3 rd Mondays	10.00 – 11.30 AM	Ken Spensley 01386 858637
Ukulele	Private House – Blockley	2 nd & 4 th Tuesday	PM	Lekh Richardson 01386 701072
Walking (Nature rambles up to 4 miles)	Optional pub lunch	3 rd Tuesday	AM	Sue Lindsay 01386 446541
Walking – Five Milers	Optional pub lunch	1 st Friday	AM	Joan Rees 01386 854908
Walking – Medium Walks	Optional pub lunch	4 th Tuesday	AM	Chris Selby 01386 853512
Walking – Long Walks (6.5 to 11 miles)	Optional pub lunch	1 st Friday & 3 rd Thursday	AM	Anne Robertson 01386 701564

Any changes or additions please contact Charles Nixon (Group Coordinator), tel. 01386 335264

CONTACT YOUR COMMITTEE



Hilary Thornburgh, Chair 01386 701235

Marion Davies, Vice-Chair 01386 842944

Angela Hope, Treasurer 07768 013107

Elizabeth Reeves, Business and Membership Secretary 01386 430039

Rosemary McLaren, Minutes Secretary 01386 852548

Sue Lindsay, Welfare Officer 01386 446541

Charles Nixon, Group Coordinator 01386 335264

John Bissett 01386 859319

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Janice Fisher 07485 257918

Margaret Oliver 01386 832627

The next Newsletter will be published at the beginning of March

The deadline for copy is 25th February

Your Newsletter Editor can be contacted via the Contact Link on the North Cotswold u3a website.

Keith's Quiz – the answers

1 New Zealand 2 Mercury 3 Indiana 4 It's a castle in Germany 5 The Gospel according to St Matthew 6 Finland 7 Ebenezer 8 Nine ladies dancing 9 Wales 10 Eric Morecambe 11 'Jingle Bells' 12 One 13 Irish 14 Types of coffee bean 15 She was the first woman to win an Olympic Gold Medal 16 The Netherlands 17 January 7th 18 White 19 "Buon Natale" 20 'Silent Night'.