



North Cotswold U3A

Newsletter

May 2019

Chairman's Message

'Don't you just like the spring? After negotiating the grey winter months which always seem to be never ending, suddenly everything seems to burst into a deluge of colour practically overnight, not only in the garden but out in the countryside as well. We have been particularly blessed this year as we have all been basking in several weeks of intermittent sunshine which seems unseasonably strange but nevertheless most welcome. I can't remember the last time we had an Easter that hadn't been a bit of a wash out at some point or at best cold and gloomy, however not so this year.

Only last week members of our walking group whilst taking in the views over the Cotswolds commented on the rich pallet of varying shades of green fields which in turn were broken up here and there with fields of bright yellow and if that wasn't a site to behold we even heard a cuckoo which added to the overall rural beauty of the landscape - splendid!

Whilst to me daffodils herald in the spring they are sadly now on the turn which cannot be said for the number of temporary traffic lights that seemed to have 'sprung up' around our area over these last few months. Thank goodness they too now seem to be on the wane which unlike the daffodils, will definitely not be sadly missed!

Summer is also fast approaching and with it our Summer Soirée and Annual Outing which this year is to the National Memorial Arboretum about which you will find further details inside this newsletter. In the past these events have proven to be very popular and as numbers are limited early booking is essential once the tickets become available to avoid disappointment.

Once again enjoy the fine weather, let's hope at least that doesn't disappoint!

Current Membership (individual & joint) - 405

Number of Groups - 31

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

Group News and Events

Summer Outing

8th August 2019

This year's summer outing will be to the **National Memorial Arboretum**



Situated in Staffordshire on the edge of the National Forest, the Arboretum is the UK's year-round centre of remembrance. With 150 acres of maturing woodland landscape, an abundance of wildlife and over 360 memorials there is something for everyone. This is sure to be a memorable visit.

Although entrance to the Arboretum is **free**, there is a **Land Train**, with disabled access, weather-proof carriage and a pre-recorded commentary,

which takes you on a 50-minute journey around the site. Tickets at £6 can be purchased on arrival. There are **free talks, guided walks (£3)** and an **Act of Remembrance** each day. For those who wish to explore some of the more distant sites, such as the Christmas Truce Memorial, **Buggy Tours (£6)** are available.

In fact, there is so much to see I would highly recommend looking at the Arboretum website in order to plan your visit.

<http://www.thenma.org.uk/>

Of course, there is a restaurant serving hot and cold lunches including vegetarian options, a coffee shop and a gift shop. There is also an outlet selling military memorabilia and gifts. All profits go to the Arboretum charity which will ensure free access for many generations to come.

The coach will leave from Willersey Village Pond (please park in the street NOT the Village Hall) at 8.30am. We anticipate leaving the Arboretum at 3.30pm. to be back in Willersey for 5pm.

Tickets at £10 to cover the cost of the coach and tip will be available at Open Meetings. Tickets are also available from committee member **Peter Grant on tel. 01386 858268**

Summer Soirée

Come and enjoy a sociable get-together and a delicious supper, see exhibits from a variety of groups and be entertained by others.

This year's Soirée will take place at **Toddington Village Hall on Thursday 11th July**. Arrive from 6pm for a welcome drink followed by entertainment and supper from 6.30pm.

Do bring your own choice of beverage for the evening. Glasses and water will be provided.

Tickets at £15 per person will **go on sale on 1st June** and be available at **Open Meetings**.

You can also reserve your place **after 1st June** by contacting our Treasurer **Eric Watts** on tel. **01386 854661** and advise him how you wish to pay for and collect your ticket(s).

Please let us know of any dietary requirements.

Croquet at Willersey

Golf Croquet will restart, weather permitting, on Wednesday 1st May at 2.30pm behind Willersey Methodist Church and thereafter on the first Wednesday of the month during the summer.

Contact **Richard Ingles** on tel. **01386 853306** for more information.



Sewn Cards Group (proposed new group)

This is the chance to stitch your own greeting cards.



Stitching cards are made using a design which comes with a number diagram, a colour illustration and a pricking pattern. The group leader has a wealth of experience and is happy to help all members. The group plans to meet at the group leader's home in Badsey on the 4th Monday of the month at 2pm.

For all enquires and to register your interest please contact **Yvonne** on tel. **01386 300034**

History Group

The History Group meets at Weston-sub-Edge village hall at 10am on the first Tuesday of the month. An excellent programme has already been arranged for 2019/20.

Programme for 2019 – 2020

September 3 rd 2019	Nothing Like a Good Conspiracy Theory	Mike Watkins
October 1 st	Chedworth Roman Villa	Mike Spittle
November 5 th	After the Gunpowder Plot	Anthony Poulton-Smith
December 3 rd	<i>Christmas Luncheon</i>	
January 7 th 2020	Sir Francis Drake	Max Keen
February 4 th	Our Heritage of Song: the People's Voice	Robin Burton
March 3 rd	Queen Victoria	Dr Gillian White
April 7 th	Sezincote	Edward Peake
May 5 th	'Sentenced to Beyond the Seas'	David Clark
June 2 nd	<i>Aethelflaed</i> , Lady of the Mercians	Dr David Pegg

U3A Summer Schools

This year there will be U3A summer schools in Birmingham and Cirencester with over 20 courses covering a wide range of subjects.

Aston University, Birmingham – 12th to 15th August: Art History and Archaeology - Ancient Civilisations of the Americans, Creative Writing - The Big Novel, English Poetry - During the reign of Queen Victoria, Film - International Films, Italian - *La Bella Italia, Lingua e Cultura*, Linguistics - Child Language Acquisition, Literature and Philosophy - *Irisland*, Music - Jazz, the Sound of Surprise, Making Music - play the Ukulele, and Singing for Pleasure.

Royal Agricultural University, Cirencester – 10th to 13th September: Cryptic Crosswords for Beginners, Drama - Mid Twentieth Century Drama, Garden History - Influential Women in English Garden History, Bede and the Conversion of England, Language - Latin for Roman Britain and Beyond, Literature - Shakespeare and the Props Department, Mathematics - Surprised by *Maths*, Opera - Donizetti's Three (and a bit) Queens, Philosophy - Introduction to Philosophy and Making Music - Recorder Ensemble.

For programme details and to book your place visit

<https://www.u3a.org.uk/events/summer-schools>

NCU₃A goes to Lincoln



John Thompstone writes -

Early April saw 34 members of the Historic Churches Group board an executive coach in Willersey and depart for, what was for many, the unknown County of Lincolnshire. Arrival at Grantham provided scope for lunch (first things first!) before a tour of the magnificent St Wulfram's Church, which for many years boasted the highest spire in England at 282 feet. Then it was on to Belton House, a nearby National Trust property, which also afforded space for a scone and jam tea (one has to keep body and soul together on these occasions!) before re-boarding the coach. Now, our destination was Lincoln and the Double Tree Hotel, sited beside the former Lincoln Port area, now attractively re-modelled. It was an exciting location with an excellent bar and setting for a convivial dinner.

Friday began with a hearty breakfast (big day ahead!) in the dining room with its magnificent views across the city to the Cathedral, perched high on its hill. Collected by the coach, our Lincoln guide provided a brief tour of the city before arrival at the Cathedral – surely one of the greatest European medieval buildings. It was a good tour and everyone enjoyed it and was impressed by what they saw. The rest of the day was free for people to explore the castle with its original edition of *Magna Carta* and its rather grim 19th century gaol and prison chapel. There is no doubt that the cafés and pubs of Lincoln benefited from the presence of the North Cotswold U₃A, though everyone found it a fascinating, historic city and arrived back at the hotel safely and eager for another first-class dinner - more conviviality!

Saturday – another good breakfast - and we were on the road again by 8.30 am. First to the Saxon Minster at Stow, thence to 13th Century Brant Broughton, before arriving at Southwell Minster. This is a homely Norman church (now Cathedral for Nottinghamshire) formerly belonging to the Archbishops of York who had a Palace adjacent – a convenient B & B on journeys between London and home! We only had time for a quick lunch! After that, all that remained was to make the coach journey back to Willersey – (without further refreshments) - and dispersal to our own homes.

Open Meeting Programme 2019

From Joan Rees and Marilyn Watts

Our Open Meetings are held at Willersey Village Hall
on the second Thursday of the month starting at 2pm.

A suggested £2 donation is payable at the door for both members and non-members.

9th May – ‘Adventurer’ - Philip Caine. Our speaker has worked for 30 years in the oil industry in places like Iraq, Nigeria, Kazakhstan and Russia.

13th June – ‘Jane Eyre by Charlotte Brontë’ – Keith Hooper. Our speaker is a writer, lecturer and academic with a special interest in 19th century English literature.

12th September – ‘Life in the Rainforest’ – Paul Carpenter.

Paul’s travels include the rain forests of Borneo, India, Sri Lanka, Costa Rica, Brazil and Ghana to study the habitats. He has been keeping and breeding spiders since the age of five!

10th October – ‘Hatches, Matches and Despatches’ – Fiona Rhodes.

Stories from a Civil Celebrant and Registrar of Births, Deaths and Marriages.

14th November – ‘Recycling’ – Kate Booth from the Environment Agency.
Shown incorrectly as 10th November in last Newsletter, ed.

We would particularly like to welcome new and prospective members at our Open Meetings. Please speak with John Bissett on the door, he will introduce you to a member of the committee who will be happy to answer your questions and tell you about our activities and groups.

RIP

*It is with great sadness that we announce the
death of the following member*

Mary Harrison

*Our sympathy and condolences to her family
and friends.*

Keith Horden's Commonwealth Quiz

1. When is Commonwealth Day?
2. Which Commonwealth country has the largest population?
3. Which Commonwealth country has the second largest population?
4. What was the previous name of the African country Eswatini?
5. Which country left the Commonwealth in May 1961, then re-joined in June 1994?
6. Mozambique and Rwanda are Commonwealth members under what unique circumstances?
7. What is the official language of Mozambique?
8. How many Caribbean nations are members of the Commonwealth?
9. Formerly known as the Ellice Islands, which Commonwealth country has the smallest population?
10. What was the previous name of Tanzania?
11. What is the capital of Namibia?
12. Is Brunei a member of the Commonwealth?
13. What is the official name of Brunei?
14. By area, which is the largest country in the Commonwealth?
15. By area, which is the second largest country in the Commonwealth?
16. After the United Kingdom leaves the European Union which Commonwealth countries remain members of the EU?
17. What have the Republic of Ireland, the Maldives and Zimbabwe got in common?
18. Which of the following is not a member of the Commonwealth - Belize, Dominica, Suriname?
19. Which Commonwealth country declared independence from Pakistan in 1971?
20. Which Commonwealth city has the largest population?

You'll find the answers on the back page

NORTH COTSWOLD U3A ACTIVITIES 2019

Group	Venue	Day	Time	Contact
Art Appreciation <i>(meetings plus visits)</i>	Willersey Methodist Community Room	1 st Thursday	PM	Peter Grant 01386 858268
Discussion & Debating	Private Home – Greet	1 st Wednesday	9.45 for 10 am till 12.30 pm	Nick Hoskins 01242 352805
Effortless Entertaining (Aga Cooking)	Private House	4 th Thursday & 4 th Friday	AM	Sonia Woolven 01386 852211
Engineering & Transport	Childswickham Village Hall	4 th Friday	April – July AM Aug-March PM	Keith Horden 01386 852145
Exploring Music	Willersey Methodist Community Room	2 nd Wednesday	10 AM	Andrew Mackrill 01608 684884
Food & Cookery (1)	Broadway	2 nd Tuesday	PM	Phyllis Andrews 01386 641361
Food & Cookery (2)	Broadway	1 st Thursday	AM	Phyllis Andrews 01386 641361
French Conversation <i>(some knowledge required)</i>	The White Hart Royal Hotel, Moreton-in- Marsh	3 rd Wednesday	2.00-3.30pm	Ghislaine Craik 07733112089
Gardens & Gardening	Childswickham Village Hall (winter) Garden visits (summer)	2 nd Friday	10am (winter) 2.30pm (summer)	Mary Burfitt 01386 859661 Jackie Emsley 01386 858342 Di Johnstone 01386 853578
Golf Croquet	Behind Methodist Church, Willersey	1 st Wednesday	PM May to October	Penny Ingles 01386 853306
Handbells	Northwick Park	1 st & 3 rd Monday	10.00-12.00	Freda Cannan 01386 701539
History	Weston-sub-Edge Hall	1 st Tuesday	10.00 AM	David Pegg 01386 858232
Historic Churches	Various	3 rd Wednesday	AM	John Thompstone 01386 852930
Italian <i>(NOT suitable for beginners)</i>	The White Hart Royal Hotel, Moreton-in- Marsh	Last Monday	10.30-12.00	Michael Gittins 01608 674183
Kurling	Weston sub Edge	4 th Monday	AM	Daphne Bell 01386 840182
Mahjong	Willersey	2 nd & 4 th Monday	PM	Diana Lucas 01386 853125
Opera Appreciation <i>(in conjunction with Winchcombe U3A)</i>	Burland Hall, Stanton	3 rd Wednesday	2.00-4.30	Colin Davison 01242 603317 Ann Pitcher 01242 621328
Painting	Moreton-in-Marsh Bowls Club	1 st & 3 rd Thursday	AM	Alan Andrews 01386 641361

Group	Venue	Day	Time	Contact
Photography	Willersey	2 nd Monday	AM	Paul Kirby 01608 651640
Reading for Pleasure	Various	1 st Monday	PM	Phyllis Andrews 01386 641361
Recorder Consort	Blockley	1 st & 3 rd Tuesday	PM	Hilary Thornburgh 01386 701235
Science for All meetings, field trips and videos	Wickhamford	3 rd Friday	AM	Hazel Bartlett 01386 852244
Scottish Country Dancing	Bourton on the Hill	2 nd & 4 th Friday	AM	Diana Lucas 01386 853125
Singers Group	Willersey Village Hall	2 nd & 4 th Wednesday	AM	Hilary Thornburgh 01386 701235
Skittles	The Snowhill Arms	4 th Thursday	7.15 PM	Alan Andrews 01386 641361
Sunday Lunches	Childswickham	3 rd Sunday	Lunchtime	John Bissett 01386 859319
Table Tennis	Willersey	1 st & 3 rd Thursday	5.30 PM	Peter Burch 01386 853837
Ukulele	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	Phyllis Andrews 01386 641361
Walking – Medium Walks	Optional pub lunch	4 th Tuesday	AM	John Bissett 01386 859319 Chris Selby 01386 853512
Walking – Long Walks (6.5 to 11 miles)	Optional pub lunch	1 st Friday & 3 rd Thursday	AM	Victoria Shipton 01386 830888

Any changes please contact Sharon Thackeray 01386 858973



Welcome
New Members

Janet & Antony Waitt

Joy Haig

Ann Tomblin



*More delicious recipes
from Phyllis Andrews*

Triple Fish Pâté

7 oz. Skinless Salmon Filets
 2 oz. Lightly Smoked Salmon
 3 oz. Smoked Salmon or Trout
 1 level tsp. Horseradish Cream
 Finely Grated Rind $\frac{1}{2}$ lemon and juice 1 lemon
 Black Pepper
 6 oz. Cream Cheese
 2oz. Butter (softened)

1. Poach the salmon fillets and allow to cool.
2. Put the salmon, smoked fish, horseradish, lemon and pepper in a food processor and whizz all together.
3. Add the cream cheese and butter and process to mix.
4. Put into a dish or individual ramekins.
5. Cover and chill.
6. Serve with the **Guinness and Treacle Soda Bread** (below) or Melba Toast.

Guinness and Treacle Soda Bread

125 gr. ($4\frac{1}{2}$ oz.) Wholemeal Plain Flour
 125 gr. ($4\frac{1}{2}$ oz.) Plain Flour
 20 gr. ($\frac{3}{4}$ oz) Caster Sugar
 $\frac{1}{4}$ tsp. Baking Powder
 $\frac{1}{2}$ tsp. Bicarbonate of Soda
 $\frac{1}{4}$ tsp. Salt
 30 gr. (1 oz.) Porridge Oats
 45 gr. ($1\frac{1}{2}$ oz.) Black Treacle
 75 ml. ($2\frac{1}{2}$ fl.oz.) Guinness
 20 gr. ($\frac{3}{4}$ oz.) Butter (melted)
 125 ml. ($4\frac{1}{2}$ fl.oz.) Buttermilk
 1 Egg for egg wash

1. Mix together the flours, sugar, baking powder, bicarbonate, salt and oats.
2. Add the treacle and Guinness to the dry ingredients and stir in.
3. Add the melted butter and mix well.
4. Gradually mix in the buttermilk to make a firm but sticky dough. (You may not need all the buttermilk.)
5. Weigh out the dough into 100 gr. (4 oz.) pieces and shape each one into a small round loaf.
6. Put onto baking sheets, brush the tops with egg, scatter over a few more oats then cut a deep X shape on each loaf with a sharp knife.
7. Bake at 160°C. (Fan) for 20-30 minutes.
8. Eat fresh, or refresh in a low oven.

Coconut Meringue Slices

Base

75 gr. (3 oz.) Butter (softened)
 100 gr. (4 oz.) Caster Sugar
 2 Egg Yolks from 2 large Eggs (whites are used for the topping).
 2 tbsp. Milk
 $\frac{1}{4}$ tsp. Vanilla Extract
 175 gr. (6 oz.) Self Raising Flour

Topping

2 Egg Whites
 100 gr. (4 oz.) Caster Sugar
 50 gr. (2 oz.) Desiccated Coconut
 Flaked Almonds

1. Grease and line a tray bake tin approx. 10"x 8".
2. **Base.** Cream together the butter and sugar until really soft. Beat in the egg yolks, milk and vanilla extract then fold in the flour. The mixture will be quite stiff.
3. Gently press it in an even layer in the tin.
4. **Topping.** Whisk the egg whites until stiff, then add the sugar a tbsp. at a time whisking all the time.
5. Fold in the coconut, then spread this over the cake mixture before sprinkling with flaked almonds.
6. Bake at 140°C. (Fan) for about 40 minutes when the meringue will be firm to the touch and pale golden brown.
7. Cool in the tin.

CONTACT YOUR COMMITTEE



Chris Selby, Chairman 01386 853512

Colin Sagar, Vice Chairman 01386 849168

John Bissett, Membership Sec. 01386 859319

Eric Watts, Treasurer 01386 854661

Barbara Matthias, Minutes Secretary 01386 300245

Brian Thackeray, Business Secretary 01386 858973

Sue Lindsay, Welfare Officer 01386 446541

Alun Davies 01386 842944

Peter Grant 01386 858268

Sharon Thackeray, Group Coordinator 01386 858973

**The next Newsletter will be published at the end of June
The deadline for copy is 23rd June**

Your Newsletter Editor can be contacted via the Contact Link on the North Cotswold U3A website.

Keith Horden's Quiz – the answers

1. 24 May 2. India 3. Pakistan 4. Swaziland 5. South Africa 6. They never had any colonial nor constitutional ties to Britain 7. Portuguese 8. Ten 9. Tuvalu 10. Tanganyika
11. Windhoek 12. Yes 13. The Nation of Brunei, the Abode of Peace (Yes, really!!)
14. Canada 15. Australia 16. Cyprus and Malta 17. They are all former members of the Commonwealth 18. Suriname 19. Bangladesh 20. Delhi – over 28 million.