

u3a

Pontesbury
& Rea ValleyEditor: Sue Anderson 

learn, laugh, live

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A few words from the Chair

As I write, it is two years to the day since the first lockdown was imposed – it was lovely weather then as I recall – at least this year we can enjoy the weather with friends and family and be out and about if we choose.

I hope that you enjoyed our new style newsletter last month – I got lots of very positive comments from people following its circulation.

Sue Anderson, the new editor, has only recently moved to Pontesbury and only joined u3a a couple of months ago. Since then she has joined the committee overseeing publicity for our u3a and already has made a real impact in terms of the newsletter, website, posters, Facebook posts etc.

If you have something u3a related that you need to share with members then get in touch with Sue with the details.

We still seem to be living in somewhat strange and unsettling times so it's good that we have a strong (and growing) u3a group in our area with a range of activities available.

It's so important not to get isolated or overwhelmed by what seems to be a constant stream of bad news from the media. Most u3a groups across the country are back up and running – taking care of course – and ours is no exception.

If you are still worried or hesitant about mixing then get in touch and we can have a chat about how you can get back involved if you want to.

In the meantime, let's hope the good weather continues and we can enjoy a lovely Easter break with friends and family.

Chair: Janet Walsh Special
EventsSept 2022
3rd week

Details to follow in the next months

Open meeting
Wed 20 April 2022
at 14h
Minsterley Parish HallNext open
meetingWednesday 20 April 2022
14h00
Minsterley Parish Hall

Continued on page 5

We've got a new website!

Please visit
your new u3a
website for all
your local
information:www.u3asites.org.uk/pontesbury-reavalleywww.u3asites.org.uk/pontesbury-reavalley

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E-mail



Website



Video



Facebook Page

u3a News

We've got a new website

David Taylor and I have been working on setting up our new site for several months now – and we are very pleased that Sue Anderson has now joined us!!

Our new website address is:



www.u3asites.org.uk/pontesbury-reavalley

The website will contain information about the Group and Open Meetings as well as other relevant news. We are aiming to make it as up to date as possible but things can crop up and are subject to change or

cancellation so double check if in doubt.


You can get in touch with committee members or coordinators via the website 'contact' page or via the relevant pages and we hope that we will get plenty of visits to the site.

The site will develop over time and all ideas and suggestions are very welcome. We will need group leaders (or a nominated other) to keep us informed about the groups activities and we will keep you up to date with progress.


Chair: Janet Walsh



Website guidance

- To access our website, go to www.u3asites.org.uk/pontesbury-reavalley or click on this link: 
- New messages will scroll across the first 'Home' page
- Click on 'Welcome' in the yellow navigation bar at the top of the page to view the introduction. 'Notices' and 'Links' can be found on the right
- Click on 'Groups' in the yellow bar to view all our interest groups. Specific group details

can be found by clicking the group title highlighted in blue.

- Find important dates for your diary by clicking on 'Events' in the yellow bar.
- The Contact page gives you the opportunity to email members of our committee. You can also contact by email wherever you see this image: 
- Our latest newsletter can be found by clicking on the 'u3a news' page in the yellow bar.



Open Meeting: Curlew Country

We were very disappointed to cancel March's Open Meeting but glad Amanda Perkins will reschedule and we will eventually get an update about the wonderful Curlew project.

It was a difficult decision to cancel as many people are keen to get a sense of normality back and, with care, learn to live with Covid. In the end, we couldn't be sure of numbers and we didn't want it to be a disappointing turn-out for a guest speaker.

Chair: Janet Walsh 



E-mail



Website



Video







Facebook Page

u3a News


Guide to the newsletters interactive links

Whilst reading this newsletter online you will come across several interactive links, which will allow speedy access:

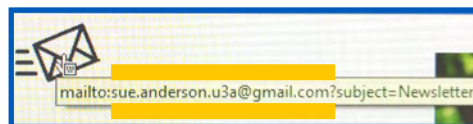
- by email to contacting anyone relating to a specific article 
- to a website providing further information on the subject 
- to a relevant video 
- to a Facebook page 

All you need to do is click on the icon and you will be redirected to your

browser with the correct email address already inserted or to the website, video or Facebook page.

Sometimes, if your browser is not set up correctly, the email link might not work and you will need to adjust your browser settings. Here is a useful article on how to set this up: 

In the meantime, fear not just hover your mouse over the icon and the email address you are looking for can be found in the text, like this:



Editor: Sue Anderson 



Welcome!

It's nice to see our membership growing and our u3a would like to warmly welcome several new members since January:

Don and Coral Milborrow
Sue and Steve Anderson
Jane and John Cummings
Joan Lee
Sally Holgate


I'm sure everyone will make them feel at home in any groups they join.

Membership secretary:


Peter Traves

ptraves50@googlemail.com

Membership fees

The membership fees of £15 were due in March. Please contact Peter  to confirm when paid, if you have not already done so. Many thanks in advance.

National u3a online learning events

Here's April's online courses free through the national u3a. You may want to do this individually or together with one of your Interest Groups. Click on this link for all this months events  or the specific item below:



How to Crochet a Creature

Tues 5 Apr 10 am



The Geology of Igneous Rocks - part 2

Thu 7 Apr 2pm



An introduction to Evidence Based Medicine

Fri 8 Apr 2pm



Roger Black - From Olympics to Now

Tues 12 April 2pm

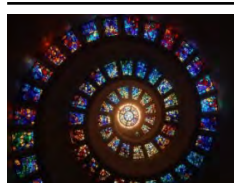


Laughter Yoga Workshops - New Sessions!

Wed 13 Apr 10am



17th April



Do All Religions Lead to the Same God?

Wed 20 Apr 10am



Book Groups Discussion Forum

Fri 22 April 2pm



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& Rea Valley

u3a News

Wider u3a networks

Although the Pontesbury and Rea Valley u3a stands as an entirely independent organisation, it is linked at several levels to the wider regional and national u3a Trust.



Shropshire & Wolverhampton

We take part in the Shropshire & Wolverhampton Network. Almost all the u3as in the area participate in this network and send a representative to the meetings which take place about every 4 months. There is a similar level of commitment to the regular meetings of the u3a chairs.

Meetings

During covid we have been meeting more often but on-line. This proved really valuable as it provided not only an opportunity to share the challenges we faced in keeping going during the periods of restrictions but more importantly we were able to share good practice. As things slowly move back towards something like normality we will put in place additional network meetings for committee members with specific roles such as treasurers; again to share good practice. Next year we are hoping to put on a network event open to all our members.

Job vacancy

I have been the chair of these networks for the past three years but I will be looking for a successor in the not too distant future! If you would like to be our network representative (you do not have to be on the Committee) please let Janet  or I  know. It would only commit you to three one and half hour meetings a year and they are interesting.



West Midlands

We are also part of the West Midlands Region and our national regional trustee is Allan Walmsley and he has been very active and supportive over the past two years.

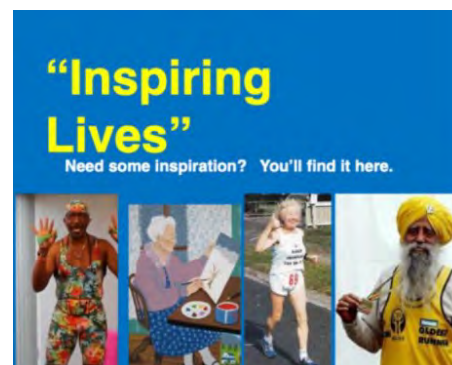
He offers 'fireside chats' with local chairs and he is working hard to raise the profile of the West Midlands' u3as at both a regional and national level.

Allan is working with some major trade unions who are interested in including information about the u3a in their pre-retirement training programmes.

I meet with Allan on a regular basis as part of his Regional Support Team. At a regional level there are conferences and events open to all members.

Peter Traves 

West Midlands Regional Event:



The Inspiring Lives event went very well last Tuesday. This was a West Midlands' regional event designed to share examples of people, famous and not well known, who have done remarkable things in their third age. Examples included John Goodenough, the oldest-ever Nobel Prize winner (won for chemistry) – at the age of 97!



John Goodenough

Nobel Prize winner at 97!

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Group news

Open meeting: "Show and Tell" Wed 20 April 2022 14h

April's open meeting is an in-house special so, all things being equal, we should be able to go ahead even with reduced numbers if some people are still a bit hesitant about large gatherings.

This meeting will be a 'show and tell' event and is based on a successful Zoom meeting we had last year. We asked members to hunt out their odd, unusual or important items and either talk about their significance, or challenge other members to work out what they are or were used for

– Hugh is still keen for someone to work out what his item is/was!

We had a lovely time on screen finding out about the weird and wonderful things that our members own so we thought it would be a good idea to do it face to face.

So start hunting for something to bring to talk about, share, find out about or get people thinking. We look forward to seeing you there.

Chair: Janet Walsh



History Group


Although we have very healthy numbers we are always looking for new recruits. We are about to move into very new territory for us – the history of Japan. None of us would claim much (if any!) prior knowledge on this subject but that is what the u3a is all about—launching into new areas of learning or activity – as with the Starship Enterprise – “to boldly go...”

We will start with a very broad brush outline of the shape of Japanese history and then decide which parts we want to concentrate on. Japan should provide a fascinating area of study. Much of our school history was almost entirely focused on Europe, virtually ignoring the

massive influence and richness of non-European civilisations.

Japan is also likely to be interesting because, unlike most areas and peoples of Asia, Africa and the Americas, it was never colonised by the Europeans and it developed its own unique culture. It also developed at break-neck speed from the late nineteenth century onwards to become one of the great economic and technological powers of the world.

If you would like to join us in this exciting new area of study, or if you would like a copy of the introductory outline of Japanese history, please contact me.

Coordinator: Peter Traves 
ptraves50@googlemail.com
Phone: 01743 790028



History – Japan

April's meeting cancelled
(falls on Easter Monday)

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Group news

Cycling

A huge thank you to the members of the cycling group for promoting the cycling event outside the Pavilion on the 19 March (and enjoying the sunshine!)

And then again enjoying more glorious sunshine at Frodersley

Coordinator: Pat Frost 



Bridge

Bridge is restarting on the 7th April 2022 at 10h00 at the Horseshoe Inn as usual.

Bryan Rigg has taken over the coordinator role from Annie Draper, for which we would like to thank Bryan for taking on the new role and Annie for all her hard work.

The members who've played in the past have had a wide range of abilities and experience and

total beginners are more than welcome to join. We're a very friendly lot and help will be given to anyone who needs it.

Please could you let Bryan know if you are interested and specifically if you are likely to turn up on the 7th. Teresa at the Horseshoe has advised that it will be OK to start there again but unless numbers increase it will be uneconomic for her to continue.

Therefore if you are interested or could recruit any new members they would be very welcome!

Coordinator:

Bryan Rigg 

bryanrigg99@gmail.com

01588 650161



Bridge restarting

Alternate Thursdays 10h-12h
Horseshoes Inn, Pontesbury

Gardening




The gardening group is to be relaunched and looking for a new coordinator to head it up.

If any one is interesting in joining the group and/or taking on the role of coordinator, please could you let Merle know.



Coordinator Support

Merle Traves 
01743 790 028

English Literature

The English Literature group is changing venue from the Congregational Church to the Pavilion, Pontesbury



Coordinator:

Doreen Thomas 

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E-mail



Website



Video



Facebook Page

Group News

Cinema & Social

The next film is **"Official Secrets"** at **Marton Village Hall** on Friday, 22nd April 2022 at 19h30.

Doors open at 19h

Entrance: £4

Refreshments available

“A morality tale for the 21st century, Official Secrets tells the true story of British Intelligence whistle-blower Katharine Gun who, during the immediate run-up to the 2003 Iraq invasion, leaked a top secret NSA memo exposing a

joint US-UK illegal spying operation against members of the UN Security Council.”

Genre: Biography, Crime, Drama, Thriller, War

Director: Gavin Hood

Actors: Keira Knightley, Matt Smith, Matthew Goode, Rhys Ifans

Release Date : 2019

Runtime: 1h 52m

Next month's film is Knives Out on the 20th May.

Coordinator: Judith Rice ✉
01743 792 790



22 April 2022 at 19h30
Marton Village Hall

Table Tennis (Minsterley)

Minsterley table tennis meets every Wednesday morning. Be you a beginner or experienced, you will be most welcome.

Most of us started out as beginners and with the support and encouragement of the others we have all improved. We believe that table tennis provides excellent exercise and I think that most of our members of all ages, from semi-retired, retired and to 80 plus, would completely agree. We mostly play doubles and raucous laughter is often heard ringing through the hall.

Please do come along and try us out. If you would like to know more then please contact me.

Coordinator: Sue Lambert ✉
01743 790857
sue_lambert@btinternet.com



Table Tennis (Minsterley)
Every Wednesday 10h-12h
Minsterley Parish Hall

Art appreciation

We shall be missing out our April meeting but using the month to research some local artists of note for our contribution to the u3a anniversary in September.

Our normal Zoom meeting will start again in May with Picasso's Cubist period.

Coordinator:
Mary Lovegrove ✉



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Group News

Pickleball

HELP!

Mary Webb School have given notice that we will only be able to hire the hall for pickleball until the 7 April 2022, which will be the last session there..

There is the possibility of a suitable alternative premises which Jane is working on, but if anyone knows of any hall with 2/3 badminton courts (3 preferably), could you please let Jane know as soon as possible.

Please also note that Thursday 14th April's session is cancelled due to the Easter weekend.



Coordinator:

Jane Simms

veronicajane@hotmail.co.uk

Local History

We would be grateful for any memories, photos or memorabilia of previous jubilee celebrations in the Rea Valley (60th, 50th, down to the coronation)> This is to create a montage of memories for the Local History Group contribution towards our 40th celebration of the u3a in September.

Please could you contact me with anything you may be able to contribute. Many thanks in advance.

Coordinator:

Susan Lockwood

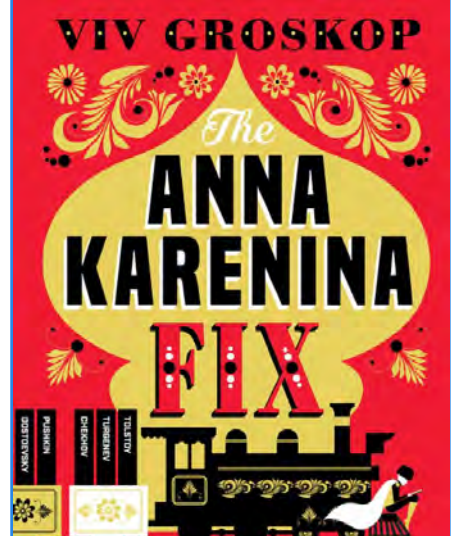


susanlockwood345@btinternet.com



A few snippets from our u3a page

If you have a Facebook page, please follow or join our u3a Pontesbury and Rea Valley [Facebook page](#) for up-to-date news. Also, if you feel inclined, like or share any posts, as this raises the profile of our group.



English Literature
9 March 2022



Family History
13 March 2022

Family History

The family history group are exploring an ancestor life during WW2. On Monday Linda Williams talked about her father's experience during the war, which was enthusiastically received.

Linda's paper on the subject can be found on our Family History page on our newly launched u3a website.



Coordinator:

Merle Traves



Photography (new group)

Due to illness, the set up meeting has been postponed. If there are any other aspiring photographers, those with a life-long interest in photography, or just wanting to improve your photographic skills please let Merle know and she will send you an invitation to the setting up meeting when it occurs.

Group Support:

[Merle Traves](#)



E-mail

Website

Video

Facebook Page

YouTube

Instagram

Twitter

LinkedIn

WhatsApp

Telegram

Signal

Globe

Document

Group News

Walking


We are lucky to have two active and friendly walking groups who always welcome new members.

Short Walking

We meet at 10 am on Monday, fortnightly at School Green Pontesbury.

The walks around the village usually last about one and a half hours and are suitable for all abilities.

This months dates: 11th & 25th April

Coordinator: Irene Windows 
01743 791903



Long Walking

Walks start at 10 am on Thursdays, fortnightly – location to be announced.

Our walks are around 6 to 7 miles and we walk at the pace of the slowest, there is no pressure to be the first up that hill!

This months dates: 7th & 21st April

Coordinator: Marko Ivanovic 
07769 155 319



Walking
Alternate Mondays (Short)
& Thursdays (Long)
10:00

Café Society

The Cafe Society group is looking for a new home. It is no longer possible to use the Horseshoes Inn so a new venue is needed.

I am hoping I can find somewhere suitable in time for our next meeting which will be set for Wednesday 27 April 2022 – not sure yet whether this will be morning or afternoon. The topics for discussion will be the ones that were set out for our cancelled March meeting as follows:

- Social media has improved human communication

- All adults should have the right to own guns
- Should the TV licence be abolished?
- What has made you laugh recently?

Details about the April meeting will be put onto the website once a venue has been found, so check on there for details nearer to the time.

If you know of anywhere suitable – a room for about 10 –12 people – with comfy chairs and refreshments – please let me know – via 'contacts' on the website..

Coordinator: Janet Walsh 



Café Society
Last Wednesday of the
month
Time and venue TBA

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Interest Groups

There are a wide range of life-enhancing and life-changing friendly groups, run by the group coordinators.

Please check out the activities available and if anything takes your interest or you wish to suggest a new activity, please contact the Support team. Some groups have returned to face-to-face meetings

but some are still being held on zoom. Things are changing daily as things get back to "normal". Please always check beforehand if the activity is being held and the venue before attending, as this could be subject to change.

Group Coordinator Support:

Merle Traves 01743 790 028 
Doreen Thomas 01743 790 332 

Art Appreciation	3rd Mon of month 14:00-16:00 Currently via Zoom		Italian	Every Wed 10:30-12:00 Coordinator's house	
Bridge Restarting 7 April	Alternate Thursdays 10:00 -12:00 Horseshoes Inn		Local History	3rd Tue of month 14:00-16:00 Currently via Zoom	
Café Society	Last Wed of month Time TBA Venue TBA		Painting & Drawing	Under relaunch	
Cinema & Social Judith Rice 01743 792 790 	As announced		Pickle Ball /Soft Tennis	Every Thu 16:30-18:00 Mary Webb School/ TBA	
Creative writing	1st & 3rd Thu 10:00-12:00 Pavilion/Zoom hybrid		Photography	Being set up	
Cycling	Every Tue 10:00 Pontesbury School Green		Play Reading	1st & 3rd Mon 14:00-16:00 Coordinator's house	
English Literature	2nd Wed in month 14:00-16:00 Pavilion, Pontesbury		Recorded Music Restarting 4 May	1st Wed of month pm Minsterley Parish Hall	
Family History	2nd Mon of month 10h15-12h15 Pavilion, Pontesbury		Table Tennis Minsterley	Every Wed 10:00-12:00 Minsterley Parish Hall	
Folk Music	Every Mon 14:00-16:00 Minsterley Parish Hall		Table Tennis Pontesbury	Every Mon 13:30-15:30 Congregational Church	
Gardening	Under relaunch		Walking (long)	Alternate Thu 10:00 As announced	
Geology	2nd Tue of month 14:00-16:00 Pavilion, Pontesbury		Walking (short)	Alternate Mon 10:00 Pontesbury School Green	
History	3rd Mon of month 10:30-12:30 Currently via Zoom		 Pontesbury & Rea Valley		



Mon 4	Table Tennis Pontesbury 13:30–15:30 Congregational Church	Tue 12	Geology 14:00–16:00 Pavilion, Pontesbury	Thu 21	Creative writing 10:00–12:00 Pavilion/Zoom hybrid
	Play Reading 14:00–16:00 Coordinator's house	Wed 13	Table Tennis Minsterley 10:00–12:00 Minsterley Parish Hall		Walking (Long) 10:00 As announced
	Folk Music 14:00–16:00 Minsterley Parish Hall		Italian 10:30–12:00 Coordinator's house		Pickle Ball/Soft Tennis 16:30–18:00 Venue TBA
	u3a Committee meeting 14:00 @ Peter & Merles		English Literature 14:00–16:00 Pavilion, Pontesbury	Fri 22	Cinema & Social: "Official Secrets" 19:00 Marston Village Hall
Tue 5	Cycling 10:00 Pontesbury School Green	Thu 14	Pickle Ball/Soft Tennis 16:30–18:00 Venue TBA CANCELLED	Mon 25	Walking (Short) 10:00 Pontesbury School Green
Wed 6	Table Tennis Minsterley 10:00–12:00 Minsterley Parish Hall	Mon 18	History 10:30–12:30 via Zoom CANCELLED		Table Tennis Pontesbury 13:30–15:30 Congregational Church
	Italian 10:30–12:00 Coordinator's house		Table Tennis Pontesbury 13:30–15:30 Congregational Church CANCELLED		Folk Music 14:00–16:00 Minsterley Parish Hall
Thu 7	Creative writing 10:00–12:00 Pavilion/Zoom hybrid		Art appreciation 14:00–16:00 via Zoom EASTER MONDAY	Tue 26	Cycling 10:00 Pontesbury School Green
	Bridge 10:00–12:00 Horseshoes Inn		Play Reading 14:00–16:00 Coordinator's house	Wed 27	Table Tennis Minsterley 10:00–12:00 Minsterley Parish Hall
	Walking (Long) 10:00 As announced		Folk Music 14:00–16:00 Minsterley Parish Hall		Italian 10:30–12:00 Coordinator's house
	Pickle Ball/Soft Tennis 16:30–18:00 Mary Webb School	Tue 19	Cycling 10:00 Pontesbury School Green		Café Society Time TBA Venue TBA
Mon 11	Walking (Short) 10:00 Pontesbury School Green		Local History 14:00–16:00 via Zoom	Thu 28	Pickle Ball/Soft Tennis 16:30–18:00 TBA
	Family History 10:15–12:15 Pavilion, Pontesbury	Wed 20	Table Tennis Minsterley 10:00–12:00 Minsterley Parish Hall		
	Table Tennis Pontesbury 13:30–15:30 Congregational Church		Italian 10:30–12:00 Coordinator's house		
	Folk Music 14:00–16:00 Minsterley Parish Hall		Open Meeting: "Show & Tell" 14:00 Minsterley Parish Hall		
Tue 12	Cycling 10:00 Pontesbury School Green	Thu 21	Bridge 10:00–12:00 Horseshoes Inn		

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