

Editor: [Sue Anderson](#)

A word from the Chair ...

Dear Members,

Thanks to everyone who has renewed their membership – details as to how to do this have been emailed or mailed to you.

A welcome to our new treasurer, Joan Lee and final thanks to John Rice who has now stepped down from the role and the committee.

Thanks also to Susan Lockwood who organised a Local History group presentation on Shrewsbury Flaxmill that was open to all and was very well attended – it was well timed too as we did not have a normal Open Meeting in March.

Instead we had a Coordinators' Workshop where we ran through some of our recently adopted policies and procedures which ensure that we are running a safe and efficient u3a.

You will see on page 3 the information relating to the April **Open Meeting** on Wednesday 19 April at Minsterley Parish Hall and I am sure that this event will be well attended.

Open Meetings. Pre-Covid we had a small team of refreshment helpers on a rota basis which seemed to work well and I am keen to set this up again. It's not an onerous task – arrival at the hall about 20 minutes in advance of the start time – set up cups etc. – serve the drinks after the presentation and then wash up and put away once everyone has finished – 2/3 people per meeting is about right so if you would be happy to help then please let me know – full training will be given!!!

On Wednesday 17 May (2.00pm – 4.00pm) we are going to have our Open event at The Pavilion in Pontesbury and join together to celebrate the Coronation – no speaker, just an opportunity to meet up, catch up and enjoy some refreshments – maybe even a touch of alcohol. If anyone would like to make a cake to help us celebrate then please let me – or any of the committee know. Hope to see you there.

Best wishes, Janet

[Janet Walsh](#) (Chair)



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Dates for the Diary

19 Apr 2023

@2pm

Open meeting

Alison Nutting:

Agnus Hunt

Minsterley Parish Hall

17 May 2023

@2pm

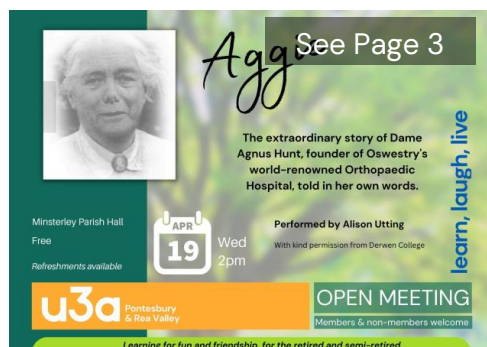
Open meeting

Coronation

celebration

The Pavilion,

Pontesbury



Can I make a request for volunteers to assist with the refreshments at our



Please check in advance with the coordinator if a session is to go ahead.

Mon	3	Walking (Short) 10:am—12 noon Pontesbury School Green	Wed	12	Table Tennis Minsterley 10:am—12:noon Minsterley Parish Hall	Wed	19	Table Tennis Minsterley 10:am—12:noon Minsterley Parish Hall
		Table Tennis Pontesbury 1:30pm—3:30pm Congregational Church			Italian 10:30am —12: noon Coordinator's house			Italian 10:30am — 12: noon Coordinator's house
		Folk Music 1:30pm—3:30pm Minsterley Parish Hall			Literature 2pm—4pm Pavilion, Pontesbury			Open meeting 2pm—4pm Minsterley Parish Hall 
Tue	4	Cycling 10am—12 noon Pontesbury School Green			Photography 2pm—4pm Coordinators house			
Wed	5	Table Tennis Minsterley 10am—12 noon Minsterley Parish Hall	Thu	13	Pickle Ball 3:00pm—6pm CANCELLED	Thu	20	Walking (Long) 10:am As announced
		Italian 10:30am—12 noon Coordinator's house	Fri	14	Gardening 2pm to 4pm To be announced			Creative writing 10:am —12: noon Pavilion
Thu	6	Walking (Long) 10 am As announced			Cinema & Social 7:00pm Marton Village Hall "Mrs Harris goes to Paris"			Pickle Ball 5pm—6pm Meole Brace School, Shrewsbury
		Creative writing 10:am —12: noon Pavilion	Mon	17	Walking (Short) 10 am Pontesbury School Green			Cinema & Social 7:00pm Marton Village Hall "The Railway Children return"
		Pickle Ball 4:00pm—6pm HOLIDAYS			History 10:30am—12:30pm Pavilion, Pontesbury	Mon	24	Table Tennis Pontesbury 1:30pm—3:30pm Congregational Church
Mon	10	Table Tennis Pontesbury 1:30pm—3:30pm HOLIDAYS			Family History 10:30am—12:30pm Pavilion, Pontesbury			Folk Music 1:30pm—3:30pm Minsterley Parish Hall
		Folk Music 1:30pm—3:30pm Minsterley Parish Hall			Table Tennis Pontesbury 1:30pm—3:30pm Congregational Church	Tues	25	Cycling 10am— around 1pm Pontesbury School Green
Tue	11	Cycling 10am—12 noon Pontesbury School Green			Art History 2pm—4pm Venue to be advised			Painting & Drawing 2pm—4pm Coordinator's house
		Geology 2pm—4pm Pavilion, Pontesbury	Tue	18	Folk Music 1:30pm—3:30pm Minsterley Parish Hall	Wed	26	Table Tennis Minsterley 10:am—12 noon Minsterley Parish Hall
					Cycling 10am—12 noon Pontesbury School Green			Italian 10:30am—12 noon Coordinator's house
					Local History 2pm—4pm Minsterley Parish Hall			Café Society 2pm—4pm Mytton Arms pub, Habberley
					Painting & Drawing 2pm—4pm Coordinator's house	Thu	27	Pickle Ball 5pm—6pm Venue to be confirmed



u3a P&RV

Next Open Meeting: "Aggie"

Speaker: Alison Utting

Date: Wed 19th April

Time: 2pm

Venue: Minsterley Parish Hall

Cost: Free

Our next Open Meeting is on Wednesday 19th April 2023 2pm at Minsterley Parish Hall where Alison Utting will give a minute dramatic monologue performance on the early life and personal experiences of the amazing Dame Agnes Hunt, or "Aggie" (31 Dec 1866 – 24 Jul 1948). Entrance is free and refreshments will be available.

Dame Agnes Hunt was a phenomenal woman. She established the orthopaedic nursing practice and co-founded the world-renowned Oswestry orthopaedic hospital. She also set up an award-winning specialist college for further education for students with special educational needs and disabilities.

Severely disabled herself, Agnes overcame huge obstacles in her mission to help others. Her indomitable personality and self-deprecating humour are woven through her remarkable autobiography, 'This Is My Life', which forms the basis of this 40-minute dramatic monologue written and presented by Alison Utting. The focus is Aggie's youth, training and personal life, rather than the history of the hospital and college.

This book, along with two other books about the history of the hospital – 'A Breath of Fresh Air' and 'Healing and Hope' – will be available for cash purchase at £10 each, if you wish. It is sold by the RJAH League of Friends and all proceeds will go to them.

Looking forward to seeing you all there.

Minsterley Parish Hall
Free
Refreshments available

APR 19 Wed 2pm

Performed by Alison Utting
With kind permission from Derwen College

Aggie
The extraordinary story of Dame Agnes Hunt, founder of Oswestry's world-renowned Orthopaedic Hospital, told in her own words.

u3a Pontesbury & Rea Valley

OPEN MEETING
Members & non-members welcome

learn, laugh, live

Learning for fun and friendship, for the retired and semi-retired

Membership



The new u3a membership year starts 1st April. Our thanks to those who have already renewed and paid for their 2023/4 membership..

For those who have not yet paid, please could you complete the renewal membership form sent to you on the 7th March 2023, together with your payment for the annual fee as soon as possible. Thank you in advance.

You will see that we are requesting emergency contact information. This will only be used in emergencies. If you do not wish to provide this, then there is no requirement to do so.

This last month we have two new members we are delighted to welcome:

Terry Lowrie-Herz
Clarissa Woodcock

Membership secretary
[Steve Anderson](#)



u3a P&RV

Local History: Shrewsbury Flaxmill talk feedback

A huge thank you to Susan Lockwood and her group for opening up the talk to both the wider membership and others on the 21st March and having to juggle more visitors than expected.

Penny Ward covered the development of the Shrewsbury Flaxmill Malting and the Bleach works at Hanwood, with some interesting snippets of local information.



More Table Tennis anyone?

We are looking to assess interest for a further table tennis group to be run in Pontesbury on Fridays from 10:00am to 12 noon. There is a slot available at the Congregational Hall for this morning.

Please let me know if you are interested.

Groups' Facilitator

Merle Traves

01743 790 028











merletraves@googlemail.com



u3a national

National u3a Online learning events

As always, there are lots of great free u3a online courses this month : [Click here for this months events:](#)

 <p>A Day in the Life of Your Spinal Cord</p> <p>This talk by Dr Bob Pullen of Prudhoe u3a explains how sensations, movements and more, pass through the spinal cord.</p> <p>Mon 3 April at 2pm Free - online via zoom</p>	 <p>Future-Proofing our Homes for our Future</p> <p>Join us to hear from Jeremy Porteus, FRSA, Chief Executive, Housing LIN</p> <p>Tuesday 4th April 2.00pm Free online via Zoom</p>	 <p>The Geology of Oil and Gas in Britain and around the world: part 4</p> <p>This is the fourth part of a series of talks on petroleum geology from Martin Eales, Sutton u3a.</p> <p>Thurs 6 April at 2pm Free - online via zoom</p>	 <p>Laughter Yoga for 2023</p> <p>Join Judith of Edinburgh u3a for monthly Laughter Yoga sessions</p> <p>Second Wed of every month at 10am, starting 8 Feb</p> <p>Free - Online via Zoom</p>	 <p>Cotton and Linen: Environmental impact of Textile production</p> <p>Helen Howard, u3a Canterbury, will focus on the environmental impact of two important textiles.</p> <p>Fri 14 April at 2pm Free - online via zoom</p>	 <p>u3a Radio Podcast - March</p> <p>Free - via YouTube or podcast platforms Apple, Spotify and Google</p>
 <p>Exploring World Faiths: Fleeing for Faith</p> <p>In April we commemorate the Jewish Passover, when Israelites fled their enslavement in Egypt. We explore this and other similar occasions.</p> <p>Mon 17 Apr at 10am Free - online via zoom</p>	 <p>u3a Science Network Event with Three Speakers</p> <p>Featuring talks on anti-oxidants and superfoods, how Earthquakes happen and the London sewer system.</p> <p>Tues 18 Apr at 10.30am Free - online via zoom</p>	 <p>Let's Talk About Autism</p> <p>An introduction to autism facts, and my experience with my 44 year old autistic son by Grace Venters of New Milton u3a</p> <p>Tues 18 Apr at 2pm Free - online via zoom</p>	 <p>Family History: Using Census Data</p> <p>Insights, tips and examples for family historians. A look at the history and content of census data, and its use in family history research.</p> <p>Wed 19 Apr at 2pm Free - Online via zoom</p>	 <p>Mindfulness and Meditation Continuation Sessions</p> <p>Join us each month as Mike, John and Ruth of Sheffield u3a Mindful Ageing Group continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.</p> <p>Third Thurs of every month at 10am, beginning 16 Feb</p> <p>Free - online via Zoom</p>	 <p>Toulouse Lautrec and the Cabarets of Paris</p> <p>The world of eighteenth-century Montmartre in Paris - a talk by Peter Webb.</p> <p>Thurs 20 April at 2pm Free - online via zoom</p>

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 <p>War in Ukraine, 1919</p> <p>Ron French of Beccles u3a explores the terror of the Russian Revolution in Ukraine through a personal story.</p> <p>Mon 24 April at 10am Free - Online via zoom</p>	 <p>Discussing Climate Change: Involving All Generations</p> <p>How can the generations support each other in raising awareness and campaigning, and discussing crucial issues such as climate change?</p> <p>Wed 26 April at 10am Free - Online via zoom</p>	 <p>Climate Change and Geo-Engineering</p> <p>Ian Hawker of East Suffolk u3a asks what radical solutions are available to avoid climate disaster as the Earth warms?</p> <p>Tues 2 May at 10am Free - online via zoom</p>	 <p>Energy management & savings in the domestic situation</p> <p>Tony Book gives us a case study of a house that was recently refurbished to a high specification of insulation and windows.</p> <p>Thurs 18 May at 2pm Free - online via zoom</p>
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Online Learning Events

www.u3a.org.uk/events/educational-events


Coronation recipe competition Cook for the King



Crown Gateau—Croydon u3a member Jacqueline

Following a wonderful suggestion from a member on how to mark the forthcoming Coronation in May – the national u3a are launching a new initiative – 'Cook for the King'. They would like us to create a dish that celebrates and reflects Britain in 2023 and the u3a movement to find the dish of the 2023 Coronation – one to become as famous as Coronation Chicken.

Deadline: 10 April 2023

There are no hard and fast rules – be creative – but please consider the guidelines and theme.. Details can be found online: www.u3a.org.uk/events/cook-for-the-king

Guidelines for submitting

- We suggest the dish could reflect either or both of the following themes:
 - Sustainability and environmental impact. Consider agricultural and welfare best practices in your selected produce.
 - Representative of the UK's partnership with the Commonwealth, celebrating the diversity of British cuisine in 2023.
- The dish must be your own creation, an original recipe to the best of your knowledge.
- You should have made the dish yourself at least once, following your recipe.
- We recommend keeping the dish as simple as possible.
- All submissions must include at least one image of the dish; up to four images can be included.
- You may submit multiple recipes.

Hadrian's Wall: 10 May Update of events



The national [u3a off the wall](#) day on Wednesday 10th May 2023. is a festival of learning and fun with a formal and fringe programme of speakers at the Sill site in Northumberland. More can be found by clicking the link above.

There is also a schedule of free [online events](#) leading up to the 10th May, which may be of interest to many of our groups.. You need to book via the link above:

- Searching the Internet for Hadrian's Wall Information** ([History](#)) – Tue 2 May 10am
- At the Edge of the Empire** with Author Adrian Goldsworthy ([History](#)) – Tue 2 May 2pm
- The Power of 3 and Other Mysteries** ([Art](#)) – Wed 3 May 2pm
- The Unification of the British Isles** ([Geology](#)) – Thur 4 May 10am
- Roman Influence on British Cuisine: A Culinary Journey**—Thur 4 May 2pm
- Creating a Convincing Evocation of Celtic Britain** ([Creative writing](#)) – Fri 5 May 10 am
- Wall Flowers: Create a Roman-style Floral Crown**—Tue 9 May 10am
- Creative Writing: On the Edge of Empire** (Session 1) ([Creative Writing](#)) – Tue 9 May 2pm
- Creative Writing: On the Edge of Empire** (Session 2) ([Creative Writing](#)) – Wed 10 May 10am



Interest Groups

Cycling



The cycling group is growing in strength and numbers. It's hard to believe that 5 years ago I struggled to get a core of cyclists to start the group!

We now have 21 members on the list and the weekly turn-out of cyclists has been a really good number over the winter months. The emphasis is on 'social cycling' and the coffee stop is the opportunity to chat, refuel and talk about the next ride.

We meet every Tuesday on School Green at 10am, generally returning to the village by 1 to 1.30pm. When the weather warms up, there will be opportunities for longer rides for those who want them. As the numbers increase towards the summer months, we will propose cycling in staggered groups, meeting up at the coffee stop. We have no 'official' leaders, merely those who suggest a route. At the moment, routes are dependent on the weather and

those who can cycle on the day.

Not surprisingly the fitness of the group has increased over the years! 6 of us are doing 'Hadrian's Cycleway' in June, Silloth in Cumbria to Tynemouth, and 4 of us are returning to Silloth on the Coast-to-Coast route – we would never have attempted that in 2018!

Cycling is a wonderful way to socialise, keep fit and meet new friends. If anyone is thinking it would be nice to cycle, but don't feel they are fit enough or are worried about contacting us, it's never too late to start!

With 21 members in the group now, it is probably time to start another group for those who want shorter rides and for newcomers. Several of our cyclists would be willing to do shorts rides to encourage new cyclists – you have the Minsterley cycle path on your doorstep to test the old bikes out!.....or should I say test the old legs out!

Everyone has to start somewhere! Not everyone in our group has cycled all their life, some of us only started in 2018!

Coordinator

[Pat Frost](#)



Interest Groups

Folk Music

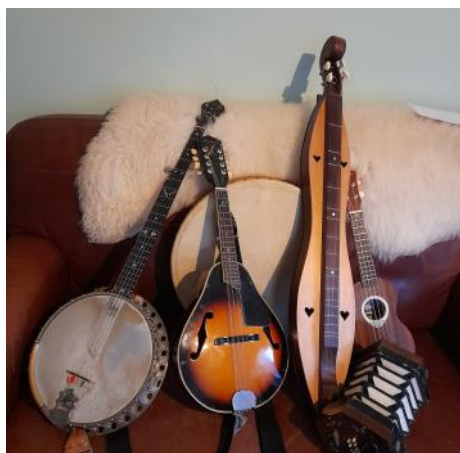


The folk music group has 15 members and meet every Monday at Minsterley Parish Hall in the committee room.. We play a wide range of instruments and take it in turn to perform (mostly folk songs/tunes).

Our theme for April 3rd is 'spirituals'. The theme for 1st May is 'countries'.

Our new meeting times are 13.30 – 15.30 to avoid conflict with another group using the same building. Visitors are welcome.

Coordinator
[Mal Brown](#)



Short Tennis



Short Tennis will stop at the end of March because of access to the school until September.

Coordinator
[Jane Simms](#)

Café Society



Our new venue – The Mytton Arms worked well so we are meeting there again on Wednesday 26 April at 2.00pm for discussion and camaraderie and coffee and cake – maybe even a glass of wine!!

Do feel free to come and join us – our discussions are generally interesting but not too deep and intellectual. There is no charge for the room at the pub – but an expectation that we'll buy some refreshments. New members are welcome.

Coordinator
[Janet Walsh](#)

Pickleball



There will be no play over Easter i.e. Thurs Apr 6th and Thurs Apr 13th. Play will resume on Thurs Apr 20th but we will be at Meole **Brace School**.

Courts have been booked for **5pm – 6pm** for that date and further weeks will be booked if this proves acceptable to members.

Please contact Helen if you are interested in joining

Coordinator
[Helen Critchley](#)

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Board Games?

A few members have expressed interest in a Board Games Interest Group, but we just need a few more interested members to make it viable. Please contact Merle if you are interested as it would be lovely to have another new interest group to offer to members.

Groups' Facilitator

Merle Traves
01743 790 028

merletraves@googlemail.com



Interest Groups

History

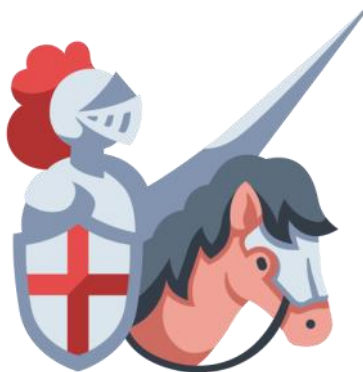
The discussion topic for our March History meeting was 'Heroic Women of the Special Operations Executive (SOE) of WW2. We were treated to a wonderful presentation by our guest speaker, Ron Morgan, a local author.

His second novel, 'Etive', is based upon the clandestine activities of women such as Violette Szabo, Virginia Hall, Nora Khan and Odette Sansom who risked, and in many cases, gave their lives to establish networks of resistance in German occupied France. Having visited the SOE's Scottish training centre in Arisaig, spoken to Violette Szabo's daughter and interviewed many experts, Ron was able to share details of how these women were selected, trained and eventually recognised for their valiant work.

Our next meeting will be on Monday 17th April at 10.30am where Stephen will present on Helen Keller

If you enjoy history, please come along and join us.

Coordinator
David Taylor



Family History

Another interesting Family History meeting in March, where we saw some more 'heirlooms' including a father's leather football boots, ink bottles and pens and a silver cigarette case and matchbox from WW1.

Heather presented an interesting story regarding an ancestor who in 1817 posted a £450 reward for the apprehension and conviction of the culprit who destroyed a hayrick in Honington Grange near Lilleshall. Bob presented a tragic story about family loss in WW1.

As our next two meetings coincide with bank holidays our next meeting will be on 17th April where we shall join with the History Group for a discussion on Helen Keller and women ancestors.

Deputy Coordinator
David Taylor



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Interest Groups

Cinema & Social



The next film on Fri 21st April is **"The Railway Children Return"**. This is the sequel to the original Railway Children. Follow a group of children who are evacuated to a Yorkshire village during the Second World War, where they encounter a young soldier who, like them, is far away from home.

It will be shown at Marton Village Hall. Bar opens at 7 pm. Film starts at 7:30pm. Cost: £5:00 pp. Refreshments available in the interval.

This is the last film of the season but we shall be starting again in September.

Coordinator
[John Rice](#)



Literature



The English Literature group continued their exploration of Irish Literature with a brief biography of William Butler Yeats (1865-1939).

Before focusing on two of his poems, "No Second Troy" and "The Second Coming" one of Yeats's most famous poems because of its stunning, violent imagery and terrifying ritualistic language. It is also one of the most thematically obscure and difficult to understand.

Perhaps no other poet stood to represent a people and country as poignantly as Yeats, both during and after his life.

In April we will be continuing our journey with "A Portrait of the Artist as a Young Man", the first novel by James Joyce.

Contributor
[Merle Traves](#)



W B Yeats

"The Second Coming"

– W B Yeats

Turning and turning in the widening
gyre

The falcon cannot hear the falconer;
Things fall apart; the centre cannot
hold;

Mere anarchy is loosed upon the world,
The blood-dimmed tide is loosed, and
everywhere

The ceremony of innocence is drowned;
The best lack all conviction, while the
worst

Are full of passionate intensity.

Surely some revelation is at hand;
Surely the Second Coming is at hand.

The Second Coming! Hardly are those
words out

When a vast image out of Spiritus
Mundi

Troubles my sight: somewhere in sands
of the desert

A shape with lion body and the head of
a man,

A gaze blank and pitiless as the sun,
Is moving its slow thighs, while all about
it

Reel shadows of the indignant desert
birds.

The darkness drops again; but now I
know

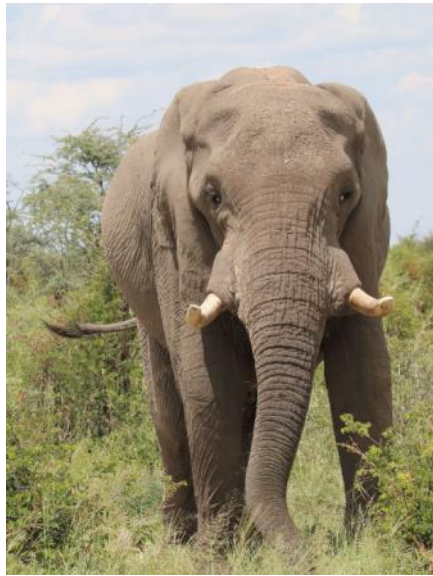
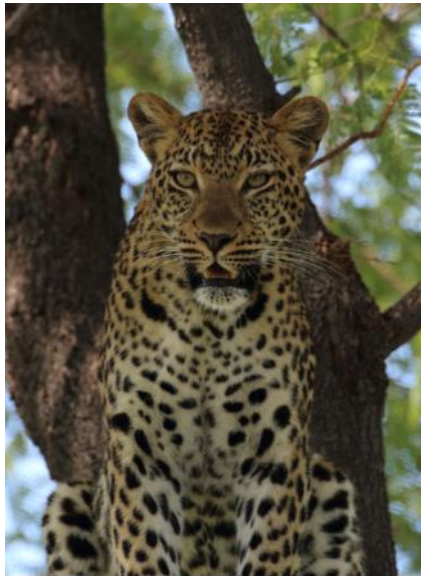
That twenty centuries of stony sleep
Were vexed to nightmare by a rocking
cradle,

And what rough beast, its hour come
round at last,

Slouches towards Bethlehem to be
born?



Interest Groups



Photography



Firstly, our sincere thanks to Paul Maddocks on his terrific photographic presentation last month on his recent safaris in **Botswana**. The wildlife pictures and Paul's anecdotes of the trip were fascinating. He was able to get up close to some of Africa's greatest wildlife and the photos were stunning.

Our next Photography Group meeting will be held on Wednesday 12th April from 2 - 4 pm at the Coordinator's house. We will be studying and reviewing the photos taken by our members at the photoshoot at the Market Hall in Shrewsbury in February. Also, Sue has volunteered to give a presentation on the use of Canva to better present the results of our digital photographs.

Coordinator
[Steve Anderson](#)

Painting & Drawing



Due to Easter, Painting & Drawing will be held on Tuesdays in 18th and 25th April. May should be okay for the 2, 9, 16, 23.

There is a nominated theme each week so just bring along your medium of choice and maybe a few objects related to the theme.

Please contact the coordinators for more information if interested.

Coordinators
[Hugh & Gill Scriven](#)



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.

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 History	3rd Mon of month 2pm–4pm Venue to be advised	
Astronomy	2nd Wed of month 7:30–9.30pm Bog centre, Stiperstones	
Bridge	Under relaunch	
Café Society	Last Wed of month 2pm–4pm Mytton Arms Pub, Habberley	
Cinema & Social	Mid–month on Fri 7pm Marton Village Hall	
Creative writing	1st & 3rd Thu 10am–12 noon Pavilion	
Cycling	Every Tue 10am– around 1pm Pontesbury School Green	
Family History	2nd Mon of month 10:15am–12:15pm Pavilion, Pontesbury	
Folk Music	Every Mon 1:30pm–3:30pm Minsterley Parish Hall	
Gardening	Second Fri of month 2pm–4pm As announced	
Geology	2nd Tue of month 2pm–4pm Pavilion, Pontesbury	
History	3rd Mon of month 10:30am–12:30pm Pavilion, Pontesbury	
Italian	Every Wed 10:30am–12: noon Coordinator's house	
Literature	2nd Wed in month 2pm–4pm Pavilion, Pontesbury	

Local History	3rd Tue of month 2pm–4pm Minsterley Parish Hall	
Painting & Drawing	Every Tues when in session 2pm–4pm Coordinator's House	
Pickle Ball	Every Thu 4:30pm–6pm Meole Brace school	
Photography	Second Wed of month 2pm–4pm Venue to be advised	
Play Reading	Under relaunch	
Recorded Music	To be started in January 2024 as Classical music appreciation	
Short Tennis	Every Tues (closed until Sept) 4:30pm–6pm Mary Webb, Pontesbury	
Table Tennis Minsterley	Every Wed 10am–12 noon Minsterley Parish Hall	
Table Tennis Pontesbury	Every Mon 1:30pm–3:30pm Congregational Church	
Walking (long)	Alternate Thu 10am–12 noon Venue to be advised	
Walking (short)	Alternate Mon 10am–12 noon Pontesbury School Green	

Potential new groups

- Pilates
- Board games
- Sunday Lunch
- Seated Yoga
- Table Tennis 3

