

Editor: [Sue Anderson](#)

Dear Members,

Although you will get a formal invitation and relevant paperwork, this is the informal invitation to our 2023 AGM which is at Minsterley Parish Hall on Wednesday 19 July at 2pm.

We are legally obliged to hold an AGM and we must have sufficient numbers in order for committee nominations and other such business to be able to be carried out, so we really do welcome your attendance.

Once the AGM business is out of the way (and we will try to do this as quickly as possible) we will be having a normal Open Meeting with a presentation by our membership secretary, Steve Anderson. Steve will be telling us about his and Sue's experiences living and working in France and to ensure that we get a proper understanding of French



culture there will be cheese and wine available!

The more cynical amongst you may think we are using alcohol to encourage you to come to the AGM – I couldn't possibly comment!

As summer gets underway properly, some of the interest groups have a break so keep an eye on the newsletter and website for up to date information as to whether or not your

Continued on Page 2

Inside

U3a P&RV	1-2
Diary	3
Interest Groups	4-11
u3a National	12-13
Group Listing	14

Dates for your Diary



**AGM & Open
Meeting**



Living in Brittany

France



OPEN MEETING
Members & non-members welcome

u3a Pontesbury
& Rea Valley



Wed 19 July 2023
2pm to 4pm
Minsterley Parish Hall

Programme
Annual General Meeting
"Living in Brittany" – Steve Anderson
Refreshments
incl. Cheese & Wine



u3a P&RV news



Continued
from Page 1

group is running.

It was lovely to meet up last month to celebrate and acknowledge the coronation – we haven't got an Open Meeting in June so the next time to meet up will be at the AGM on 19 July.

Hope to see you there.

Best wishes,
Janet

Janet Walsh (Chair)



Newsletter contributions

The newsletter is for all members to share news from our interest groups or items that may be of interest to our members on an educational level.

If you wish to provide a short article or piece to the newsletter along these lines, please could you let me have any contributions by the 28th of the month for the forthcoming month's publication.

Editor

Sue Anderson

Membership



Our membership is continuing to grow nicely. Please could you give a warm welcome to our new members this month:

Judy Scopes

Nik Scopes

Keith Abrams

Tessa Abrams

Cally Beck

Membership secretary

Steve Anderson

A few snaps from our Coronation party

learn, laugh, live

u3a Pontesbury & Rea Valley
Coronation PARTY



Wed
2pm – 4pm
The Pavilion, Pontesbury



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

Thu	1	Walking (Long) 10 am As announced	Mon	12	Folk Music 1:30pm—3:30pm Minsterley Parish Hall	Tues	20	Cycling 10am— around 1pm Pontesbury School Green
		Creative writing 10:am —12: noon Pavilion	Tue	13	Cycling 10am—12 noon Pontesbury School Green			Local History 2pm—4pm Minsterley Parish Hall
		Pickleball 5pm—6pm, Meole Brace School, Shrewsbury			Geology 2pm—4pm Pavilion, Pontesbury			Painting & Drawing CANCELLED— HOLIDAY
Fri	2	Table Tennis 3 Pontesbury 10am—12 noon Congregational Church	Wed	21	Painting & Drawing CANCELLED—HOLIDAY			Table Tennis 2 Minsterley 10:am—12 noon Minsterley Parish Hall
Mon	5	Walking (Short) 10:am—12 noon Pontesbury School Green	Thu	14	Table Tennis 2 Minsterley 10:am—12:noon Minsterley Parish Hall			Italian 10:30am—12 noon Coordinator's house
		Table Tennis 1 Pontesbury 1:30pm—3:30pm Congregational Church			Italian 10:30am — 12: noon Coordinator's house	Thu	22	Pickleball 4:30pm—6pm, Mary Webb School, Pontesbury
		Folk Music 1:30pm—3:30pm Minsterley Parish Hall			Literature 2pm—4pm Pavilion, Pontesbury	Fri	23	Table Tennis 3 Pontesbury 10am—12 noon Congregational Church
		Committee meeting 4pm—6pm Pontesbury Pavilion			Photography 2pm—4pm Bog Centre Photo-shoot	Mon	26	Table Tennis 1 Pontesbury 1:30pm—3:30pm Congregational Church
Tue	6	Cycling 10am—12 noon Pontesbury School Green	Thu	15	Walking (Long) 10:am As announced			Folk Music 1:30pm—3:30pm Minsterley Parish Hall
		Painting & Drawing CANCELLED—HOLIDAY			Creative writing 10:am —12: noon Pavilion	Tue	27	Cycling 10am— around 1pm Pontesbury School Green
Wed	7	Table Tennis 2 Minsterley 10:am—12:noon Minsterley Parish Hall	Thu	15	Pickleball CANCELLED— NO VENUE			Painting & Drawing CANCELLED—HOLIDAY
		Italian 10:30am —12: noon Coordinator's house	Fri	16	Table Tennis 3 Pontesbury 10am—12 noon Congregational Church	Wed	28	Table Tennis 2 Minsterley 10:am—12 noon Minsterley Parish Hall
Thu	8	Pickleball CANCELLED—NO VENUE	Mon	19	Walking (Short) 10 am Pontesbury School Green			Italian 10:30am—12 noon Coordinator's house
Fri	9	Table Tennis 3 Pontesbury 10am—12 noon Congregational Church			History 10:30am—12:30pm Pavilion, Pontesbury			Café Society 2pm—4pm, Mytton Arms pub, Habberley
		Gardening 2pm to 4pm Windy Ridge NGS outing			Table Tennis 1 Pontesbury 1:30pm—3:30pm Congregational Church	Thu	29	Walking (Long) 10 am As announced
Mon	12	Family History 10:30am—12:30pm Pavilion, Pontesbury			Folk Music 1:30pm—3:30pm Minsterley Parish Hall			Pickleball 4:30pm—6pm, Mary Webb School, Pontesbury
		Table Tennis 1 Pontesbury 1:30pm—3:30pm Congregational Church			Art History 2pm—4pm Venue to be advised	Fri	30	Table Tennis 3 Pontesbury 10am—12 noon Congregational Church

Changes are marked in red.



Interest Group news

New Groups?

We are currently investigating if there is sufficient interest to start two new interest groups; **Railway Modellers** and **Backgammon**.

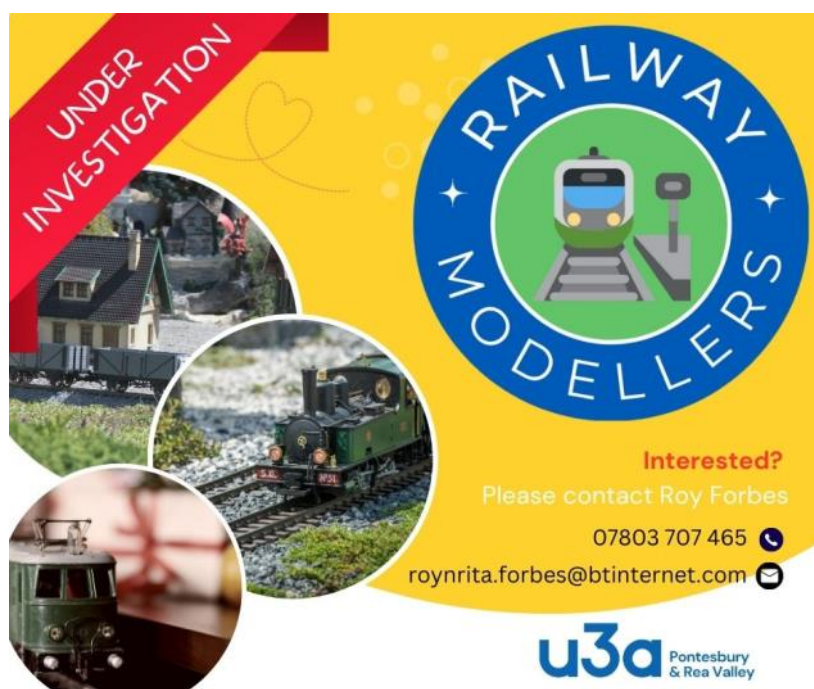
Roy Forbes and Val Sinclair respectively have kindly come forward to coordinate these groups, so we can now investigate the level of interest. Please contact them directly if you would like to join.

Railway Modellers

Railway modelling is a broad term covering and developing many interests, skills and talents from carpentry, artistic painting, model making, basic engineering and electrical knowledge and general interest or willingness to learn about the subject.

It doesn't matter whether you have your own layout or collection or just enjoy the thrill of creating models. A layout can be portable or a fixed structure in an attic, spare room, suitable shed or even garden layout and can be any size.

Members can develop skills of working with all



UNDER INVESTIGATION

RAILWAY MODELLERS

Interested?
Please contact Roy Forbes
07803 707 465
roynrita.forbes@btinternet.com

u3a Pontesbury & Rea Valley

manner of materials to create scenery including polystyrene, cardboard, wire mesh and Plaster of Paris or paper mâché. Alternatively, they may be collectors who just enjoy looking at model trains, cars, aircraft and scenery. If you want to become involved there are many different elements that may take your fancy or even 'float your boat'.

Meetings are intended to take place in member's locations once a month at times to suit, with the occasional trip to see either live full size trains or permanent fixed model layouts.

Railway Coordinator

[Roy Forbes](#)

07803707465

roynrita.forbes@btinternet.com

Backgammon

Backgammon is a popular ancient board game for two players played with counters and dice on tables boards.

Please contact Val directly if you have any queries or would like to join..

Backgammon Coordinator

[Val Sinclair](#)

valsinclair500@gmail.com



UNDER INVESTIGATION

BACKGAMMON

Interested?
Please contact Val Sinclair
valsinclair500@gmail.com

u3a Pontesbury & Rea Valley



Interest Group news



Whilst the national u3a had it's own successful learning event at Hadrian's Wall in May, 6 members of our cycling group are doing their own Hadrian's Wall celebration in June.

They will start at Silloth in Cumbria on the Hadrian's Cycleway going to Tynemouth, with 4 returning to Silloth on the Coast-to-Coast route..

We wish them safe travels, excellent weather and good fun and look forward to lots of stories and photos from the journey.

Editor

Sue Anderson



Hadrian's Wall



Cycling lunch at Bishop's Castle



Interest Group news



At the History Group meeting in May we were treated to a highly interesting and informative presentation by Sue Anderson on the subject of **Women in Ancient Civilisations**.

Presenting with PowerPoint slides, Sue covered a dozen civilisations from 7500BC, where the Çatalhöyük peoples of central Turkey, led what appears to be a communal egalitarian system, to the Greeks (1200–322BC) where the emphasis was on extreme male domination.

A lively discussion followed the presentation where the group concluded that women appear to have been less valued where warfare and empire building was prominent. There were many parallels to be drawn from ancient history, through the ages, right up to present day.

All are welcome to attend our next meeting which will on 19th June where John Rice will present on the role of **Women in Ancient Rome**.

Coordinator
David Taylor



The Seated Woman of
Çatalhöyük



Enheduanna (2285 – 2250
BC) : Akkadian Empire -
First named poet in
history



Code of Hammurabi - Babylonian
Empire (2000 BC - 540 BC)
lawcodes - a large percentage
relating to women

May 2023

**Women in Ancient
Civilisations**



Interest Group news



The new gardening group has got off to a great start, after the initial bump when we had to cancel April's session due to the snow, with monthly meetings now taking place on the second Friday of the month at 2:00 pm—4:00 pm..

The introductory session was held at my house with a presentation on how the garden had changed in the 18 months of our arrival. Paul Maddocks, kindly hosted the next session (with plenty of cake!), where we explored the huge potential of possible garden designs.

Our next meeting is on Friday 9 June where we have arranged a special group visit to award-winning Windy Ridge, which is featured in the June 2023 edition of The English Garden..

There are some spaces still available, so these will be opened up to all P&RV u3a membership on a first-come first-served basis.

Windy Ridge, in Little Wenlock, is

part of the National Open Gardens Scheme for charity and the total cost will be £9 per person (£6 for entrance – normal price – and £3 for tea and cakes). For more information: findagarden.ngs.org.uk/garden/19863/windy-ridge.

Universally admired for its structure, inspirational planting and balance of texture, form and all-season colour, the garden more than lives up to its award-winning record. Developed over 30 years, 'open plan' garden rooms display over 1000 species (mostly labelled) in a range of colour-themed planting styles, beautifully set off by well-tended lawns, plenty of water and fascinating sculpture.

[Please can you let me know if you wish to join the group to this very special garden before the 5 June 2023.](#)

Coordinator

[Sue Anderson](#)

07762 977 432



Interest Group news



We have continued our study of Irish Literature, and at our May meeting, we were introduced to the work of Molly Keane (1904 – 1966). She wrote under the pseudonym of M.J. Farrell, but in 1981 she published **Good Behaviour** using her real name.

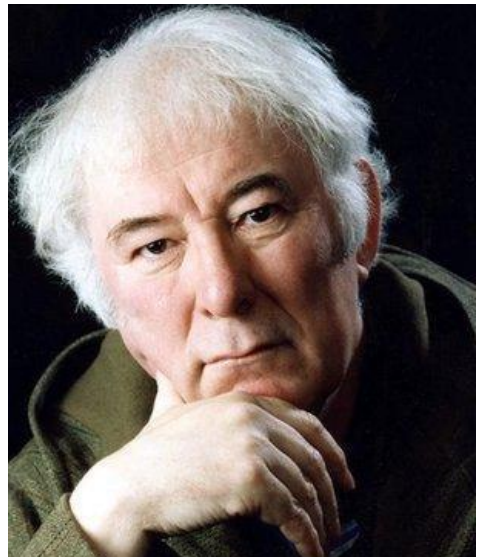


Molly Keane (1904—1966)

Each month we have been choosing a Seamus Heaney poem to share with the group. There are over 600 of them, and Margaret chose *Scaffolding* for our last meeting. 'Scaffolding' is one of Seamus Heaney's first ever poems, written in 1966, around the time he married his wife of 48 years, Marie Devlin.

It is a confident, assured celebration of the solid bond that he and his wife will forge together. Using imagery of construction, he describes the ever-enduring "walls of sure and solid stone" that will withstand any challenges.

Heaney later joked that he had written the poem with the intention of "clearing up a row" with his wife. It has become one of his best-loved poems.



Seamus Heaney (1939—2013)

SCAFFOLDING

Masons, when they start upon
a building,
Are careful to test out the
scaffolding;

Make sure that planks won't
slip at busy points,
Secure all ladders, tighten
bolted joints.

And yet all this comes down
when the job's done
Showing off walls of sure and
solid stone.

So if, my dear, there some-
times seem to be
Old bridges breaking between
you and me

Never fear. We may let the
scaffold fall
Confident that we have built
our wall.

Seamus Heaney

Good Behaviour was the chosen book, which is wily, shrewd and terribly sad, all at the same time. It is a portrayal of Anglo-Irish Society just after the end of World War 1. Behind the rich veneer of Temple Alice, the aristocratic St. Charles family keeps the realities of life at bay. Aroon, the unlovely daughter of the house, silently longs for love and approval, which she certainly doesn't receive from her elegant mother. And though her handsome father is fond of her, his passion is for the thrill of the chase – high-bred ladies and servants are equally fair game! Sinking into a decaying disgrace, the family's adherence to the unyielding codes of 'good behaviour' is both their salvation and their downfall. For their reserved facades conceal dark secrets and hushed cruelties.

Contributor

Doreen Thomas

learn, laugh, live



Interest Group news



We have now completed our first three TT3 sessions at the Congregational Hall in Pontesbury on Friday morning, 10:00 am - 12:00 noon, and already have 16 members signed up.

Naturally, not everyone can make it each week, so new members are still welcome.

We look forward to seeing you !

Coordinator
[Steve Anderson](#)



Due to holidays, Painting & Drawing will recommence in July, the date to be confirmed. Please contact the coordinators for more information if interested in joining.

Coordinators
[Hugh & Gill Scriven](#)

**learn,
laugh,
live**



The Cafe Society group will be meeting on Wednesday 28 June at 2.00pm at The Mytton Arms in Habberley. We are always keen to welcome new members who enjoy putting the world to rights over coffee and cafe – or even a glass of wine. We don't take ourselves too

seriously but do like to discuss topical issues and events.

We will have our summer break in July and August and resume meetings on Wednesday 27 September 2023.

Coordinator
[Janet Walsh](#)



Interest Group news



There will be a session at Meole Brace on June 1st from 5:00pm to 6:00pm (I'll be Whatsapping to remind folk too).

Otherwise the next session will be at Mary Webb on June 22nd - back to the normal time of 4:30pm - 6:00pm as there are no courts available for

the Thursdays June 9th and 16th.

New members welcome on the 22nd.

Please contact me if you are interested in joining.

Coordinator

[Helen Critchley](#)



Short Walking dates for June are:

Monday 5th June

Monday 19th June.

Coordinator

[Irene Windows](#)

learn,
laugh,
live



Our folk music group meets every Monday, 13:30 - 15:30 (1:30pm - 3:30pm) in the committee room at Minsterley Parish Hall.

We have fifteen members with a weekly attendance of approximately 11-12 taking turns to perform a song/tune.

We have recently introduced a 'theme challenge' where members are invited to perform a piece on a predetermined title (mining, sea songs, borders etc.)

Visitors, who may be interested in singing, playing an instrument or reciting poetry, are welcome.

Coordinator

[Mal Brown](#)

07582 504058



Interest Group news



Shrewsbury Market Hall

Photoshoot

Feb 2023

using

Canva

At our latest meeting we had a most enjoyable review of members pictures taken at our photo-shoot in the **Shrewsbury Market Hall**, followed by a presentation by Sue Anderson of **Canva**, a facility for maximising the use of photos. Our sincere thanks to Sue for a very useful and enjoyable presentation.

More fun was had by the group on Sat 27 May at a very enjoyable photo-shoot at **Montgomery**, blessed by glorious weather (and excellent

company) we started with a coffee break and ended with lunch.

Our next outing will be a photo-shoot on Wednesday 14 June, starting from the **Bog Centre, Stiperstones**.

I am standing down as Coordinator of this group (though will remain as deputy) and Roy Forbes is now taking on this role for the Photography Group. Best wishes in your new role, Roy.

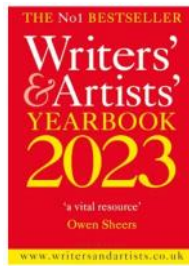
Deputy Coordinator
[Steve Anderson](#)



u3a national news

Short Story Competition 2023

Just a reminder that the deadline for the u3a 2023 Short Story Competition is Monday 26 June 2023 – full details can be found here: <https://www.u3a.org.uk/learning/short-story-competition-2023>



Digital Health Technologies survey



Ulster University are researching user acceptance of health digital technologies, including apps, robots, and in-home care technologies.

Initial results show that most older adults agree that digital health could support healthy ageing, however concerns related to the security and privacy of data were also highlighted.

The researchers have shared a survey that takes less than twenty minutes and they would really appreciate the input of u3a members. The closing date is 12 June 2023 – take the survey now:

ulster.onlinesurveys.ac.uk/user-acceptance-digital-health-technology

This research is being conducted in partnership with the Agile Ageing Alliance and u3a as part of the Horizon 2020 SHAPES pathfinder project.

Hadrian's Wall Postcard Competition Winners www.u3a.org.uk/postcard-art

1st: Living Stones; Valerie, Camberley u3a



2nd: Aemelia; Tania, Washington Village u3a



Online Learning Events

learn, laugh, live

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

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



Meditation and Mindfulness Series – for Summer

The six week course of Mindfulness and Meditation is back, led by members of the Sheffield u3a Mindful Ageing Group John, Mike and Ruth.

Every Tues at 10am from 30 May until 4 Jul
Free – online via zoom



Driving Tips to Save Money and the Planet from IAM RoadSmart

Join Rebecca Ashton from IAM RoadSmart to learn how to save money and reduce your environmental impact by driving in a more efficient way

Mon 5 Jun at 2pm
Free – online via zoom



Expedition Cruising: An Antarctic Adventure

Neil Stevenson of Up Holland & District u3a shares his experience of visiting the Falkland Islands, S. Georgia and the Antarctic Peninsula

Thurs 8 Jun at 2pm

Free – online via zoom



Creative Writing: On the Edge of Empire (Session 1)

A creative writing workshop which will take inspiration from Hadrian's Wall to create short pieces of fiction and reflection.

Rescheduled to Tues 13 June at 2pm

Free – online via Zoom



Laughter Yoga for 2023

Join Judith of Edinburgh u3a for monthly Laughter Yoga sessions

Wed 14 June at 10am

Free – Online via Zoom



Family History: Parish Registers

Insights, tips and examples for family historians. A look at the history of Parish Registers and their use in family history research from Julie Johnson of Syston & District u3a

Wed 14 June at 2pm

Free – Online via Zoom



Mindfulness and Meditation Continuation Sessions – From June to November

Join us each month as we continue the practices introduced in the Mindfulness and Meditation Series, and introduce new ones.

Next session: Thurs 15 June at 10am

Free – online via zoom



Creative Writing: On the Edge of Empire (Session 2)

A creative writing workshop which will take inspiration from Hadrian's Wall to create short pieces of fiction and reflection.

Rescheduled to Thurs 15 June at 2pm

Free – online via Zoom



Leo – The World's First Business Computer

From cakes to computers – Join Neville Lyons to hear about LEO, the World's First Business Computer.

Fri 16 Jun at 2pm

Free – online via zoom

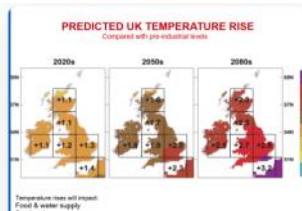


Into the Mind of an Artist. Van Gogh Part 1

Catherine Stevenson of Newcastle u3a looks at the life and works of Van Gogh.

Thurs 22 Jun at 10am

Free – online via zoom



Adapting to Climate Change

Ian Hawker of East Suffolk u3a asks what adaptation actions should the UK governments take to counter average temperature increases?

Mon 26 June at 10am

Free – Online via Zoom

learn, laugh, live



Interest Groups Listing

There are a wide range of 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		Painting & Drawing	Every Tues when in session 2pm–4pm Coordinator's House	
Astronomy	To be decided 7:30–9.30pm Bog centre, Stiperstones		Pickle Ball	Every Thu 4:30pm–6pm Mary Webb school	
Café Society	Last Wed of month 2pm–4pm Mytton Arms Pub, Habberley		Photography	Second Wed of month 2pm–4pm Venue to be advised	
Creative writing	1st & 3rd Thu 10am–12 noon Pavilion		Recorded Music	To be started in January 2024 as Classical music appreciation	
Cycling	Every Tue 10am– around 1pm Pontesbury School Green		Short Tennis	Every Tues (closed until Sept) 4:30pm–6pm Mary Webb, Pontesbury	
Family History	2nd Mon of month 10:15am–12h15pm Pavilion, Pontesbury		Table Tennis 1 Pontesbury	Every Mon 1:30pm–3:30pm Congregational Church	
Folk Music	Every Mon 1:30pm–3:30pm Minsterley Parish Hall		Table Tennis 2 Minsterley	Every Wed 10am–12 noon Minsterley Parish Hall	
Gardening	Second Fri of month 2pm–4pm As announced		Table Tennis 3 Pontesbury	Every Fri 10 am–12 noon Congregational Church	
Geology	2nd Tue of month 2pm–4pm Pavilion, Pontesbury		Walking (long)	Alternate Thu 10am–12 noon Venue to be advised	
History	3rd Mon of month 10:30am–12:30pm Pavilion, Pontesbury		Walking (short)	Alternate Mon 10am–12 noon Pontesbury School Green	
Italian	Every Wed 10:30am–12: noon Coordinator's house		<div>Potential groups under investigation</div> <ul style="list-style-type: none"> • Pilates • Backgammon • Board games • Bridge • Play reading • Railway Modelling • Sunday Lunch • Seated Yoga 		
Literature	2nd Wed in month 2pm–4pm Pavilion, Pontesbury				
Local History	3rd Tue of month 2pm–4pm Minsterley Parish Hall				

