

Editor: [Sue Anderson](#)

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Thanks to all our group coordinators who have got things up and running again after a brief summer break – and thanks of course to those who continued to organise groups throughout the summer. It's definitely Autumn now as there are plenty of Christmas things in the shops!!

On the subject of shops – you may be aware that Connections have just reduced their opening hours – they close at 4.00pm during the week now and don't open on a Saturday. These changes are as a result of falling sales and some changes imposed on the post-office side of things which means fewer customers. It's a case of 'Use it or Lose it' at the moment so if you don't want to lose our post office and shop then try to use it if you can.

I hope that those who attended



September's Open Meeting enjoyed it – I certainly did and it made my journey up to Lancashire the following day all the more exciting as I went over the canal whilst on the M6. Our next Open Meeting is on Wednesday 18 October at 2.00pm in Minsterley Parish Hall – details in the newsletter and on the website.

Hope to see you there.

Best wishes,
Janet

[Janet Walsh](#) (Chair)

Dates for your Diary



Open Meeting

u3a Pontesbury & Rea Valley

learn, laugh, live

REGENERATIVE FARMING:

OUR JOURNEY SO FAR

Lizzie and Jane Hulton-Harrop tell their fascinating story of an imaginative agricultural project on the Stiperstones

Wednesday 2pm
Minsterley Parish Hall
Refreshments available
Free entrance

OPEN MEETING
Members & non-members welcome



u3a P&RV news



Please put the next open meeting in your diary for an unmissable talk on **Regenerative Farming: Our Journey So Far** by **Lizzie and Jane Hulton-Harrop** who will be telling their fascinating story of an imaginative agricultural project on the Stiperstones.

The meeting will be held on Wednesday 18th October at 2pm at Minsterley Parish Hall.

Refreshments are provided and bring along a friend if you want, as non-members are always welcome.




We are pleased to welcome seven new members this month:

Tom Jenkins
David Blyth.
Diana Bailey
Tim Bailey
Mary Bailey
Gerry Skinner
Ann Purchase

This brings the current membership of our u3A to 199!

Membership secretary
[Steve Anderson](#)

On the 20th September we also had another excellent well attended talk on the **Manchester Ship Canal** given by Stuart Wood and Peter Scott, volunteers from the Daniel Adamson Preservation Society (www.thedanny.co.uk).

A huge thank you to the speakers and all the willing volunteers who helped with the Open Meeting.

Danny visit?

Many of those who enjoyed the talk about the Manchester Ship Canal expressed an interest in visiting the beautifully refurbished steam tug 'Danny Adamson' refurbished in Art Deco style. Cruises can be arranged for groups or individuals or alternatively, static 'tea visits' are available at very reasonable cost when Danny's history will be explained.



If any members would like to join such a tea visit in the spring of 2024 and if there are sufficient numbers, Bob Boden would be happy to make the necessary arrangements. Please let Bob know at bodenr@gmail.com.



Mon 2	10:00 Walking (Short) Pontesbury School Green	Wed 11	14h00 Literature Pavilion, Pontesbury	Fri 20	10h00 Table Tennis 3 Congregational Church, Pontesbury
	13:30 Table Tennis 1 Congregational Church, Pontesbury		14h00 Photography Venue to be advised	Mon 23	13h30 Table Tennis 1 Congregational Church, Pontesbury
	14h00 Folk Music Minsterley Parish Hall	Thu 12	16h30 Pickleball Mary Webb School, Pontesbury		14h00 Folk Music Minsterley Parish Hall
	16h00 Committee meeting CANCELLED	Fri 13	10h00 Table Tennis 3 Congregational Church, Pontesbury	Tue 24	10h00 Cycling Pontesbury School Green
Tue 3	10h00 Cycling Pontesbury School Green		14h00 Gardening Cardington visit		Painting & Drawing TO BE CONFIRMED
	Painting & Drawing TO BE CONFIRMED	Mon 16	10h00 Walking (Short) Pontesbury School Green	16h30 Badminton Mary Webb School, Pontesbury	
Wed 4	10h00 Table Tennis 2 Minsterley Parish Hall		10h30 History Pavilion, Pontesbury	Wed 25	10h00 Table Tennis 2 Minsterley Parish Hall
	10h30 Italian Coordinator's house		13h30 Table Tennis 1 Congregational Church, Pontesbury		10h30 Italian Coordinator's house
Thu 5	10h00 Creative writing Pavilion		14h00 Folk Music Minsterley Parish Hall	14h00 Café Society Mytton Arms, Habberley	
	10h00 Walking (Long) As announced		14h00 Art History Venue to be advised	19h30 Astronomy Bog Visitor Centre, Stiperstones	
	16h30 Pickleball Mary Webb School, Pontesbury	Tue 17	10h00 Cycling Pontesbury School Green	Thu 26	16h30 Pickleball Mary Webb School, Pontesbury
Fri 6	10h00 Table Tennis 3 Congregational Church, Pontesbury		14h00 Local History Minsterley Parish Hall	Fri 27	10h00 Table Tennis 3 Congregational Church, Pontesbury
Mon 9	10h30 Family History Pavilion, Pontesbury		Painting & Drawing TO BE CONFIRMED	Mon 30	10h00 Walking (Short) Pontesbury School Green
	13h30 Table Tennis 1 Congregational Church, Pontesbury		16h30 Badminton Mary Webb School, Pontesbury		13h30 Table Tennis 1 Congregational Church, Pontesbury
	14h00 Folk Music Minsterley Parish Hall	Wed 18	10h00 Table Tennis 2 Minsterley Parish Hall		14h00 Folk Music Minsterley Parish Hall
Tue 10	10h00 Cycling Pontesbury School Green		10h30 Italian Coordinator's house	Tue 31	10h00 Cycling Pontesbury School Green
	14h00 Geology Pavilion, Pontesbury		14h00 Open meeting: "Regenerative Farming" Minsterley Parish Hall		Painting & Drawing TO BE CONFIRMED
	Painting & Drawing TO BE CONFIRMED	Thu 19	10h00 Creative writing Pavilion	16h30 Badminton Mary Webb School, Pontesbury	
	16h30 Badminton Mary Webb School, Pontesbury		10h00 Walking (Long) As announced		
Wed 11	10h00 Table Tennis 2 Minsterley Parish Hall		16h30 Pickleball Mary Webb School, Pontesbury		
	10h30 Italian Coordinator's house				

- Changes are marked in red.
- Please check in advance with the coordinator if a session is to go ahead.
- Details of the Interest Groups are on the last page of the newsletter or website.



Interest Group news



A packed Badminton taster session was enjoyed by several u3a members a couple of weeks ago, so we are going to set up a Badminton Group. Thanks to Jane for arranging the taster session and all the willing instructors too (Carol, David, Helen and Joan)!

This new group will run on Tuesday evenings 4.30pm -6.00pm in the Sports Hall at Mary Webb and

planned to start from the 10th October 2023. It will be £3.00 per session at the moment but likely to increase during the winter months when an additional charge for heating is made.

Contact me if you are interested.

Coordinator

[Janet Walsh](#)

Email: japa.walsh1@btinternet.com

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The Folk Music Group meets every Monday afternoon at Minsterley Parish Hall. However, taking advantage of the warm weather over the summer, the gardening group

enjoyed the good sunshine, songs and company in the garden of a folk music group member.

Coordinator

[Mal Brown](#)



Under the walnut tree



Interest Group news



From the 1st January 2024, the new Pickleball rules come into effect, meaning new more rigid nets are now required. The group has now purchased the first new pickleball net and has been trialled and approved at the latest sessions back at Mary Webb. A second net is now under order!

Called the “hottest game in town” in a recent article in the Times, the

popular sport of Pickleball is played at the Mary Webb School in Pontesbury on Thursday 7th September from 4.30 – 6.00 pm.

If anyone would like to join us, with or without previous experience, you'll be more than welcome. Please contact Helen if you are interested in joining.

Coordinator
[Helen Critchley](#)



u3a
Pontesbury
& Rea Valley



Interest Group news



Members of the Geology Group visited the Lapworth Museum at Birmingham University on the 26th September and were given an excellent and very interesting tour around the geology exhibits and the museum archive.

The archive was particularly interesting as we were able to see many things, including Professor Lapworth's original field notes from the 1860's and Professor Shotton's

beach maps for the D Day landings; as part of his role as the Army HQ geological officer.

Coordinator
[Richard Down](#)



Interest Group news

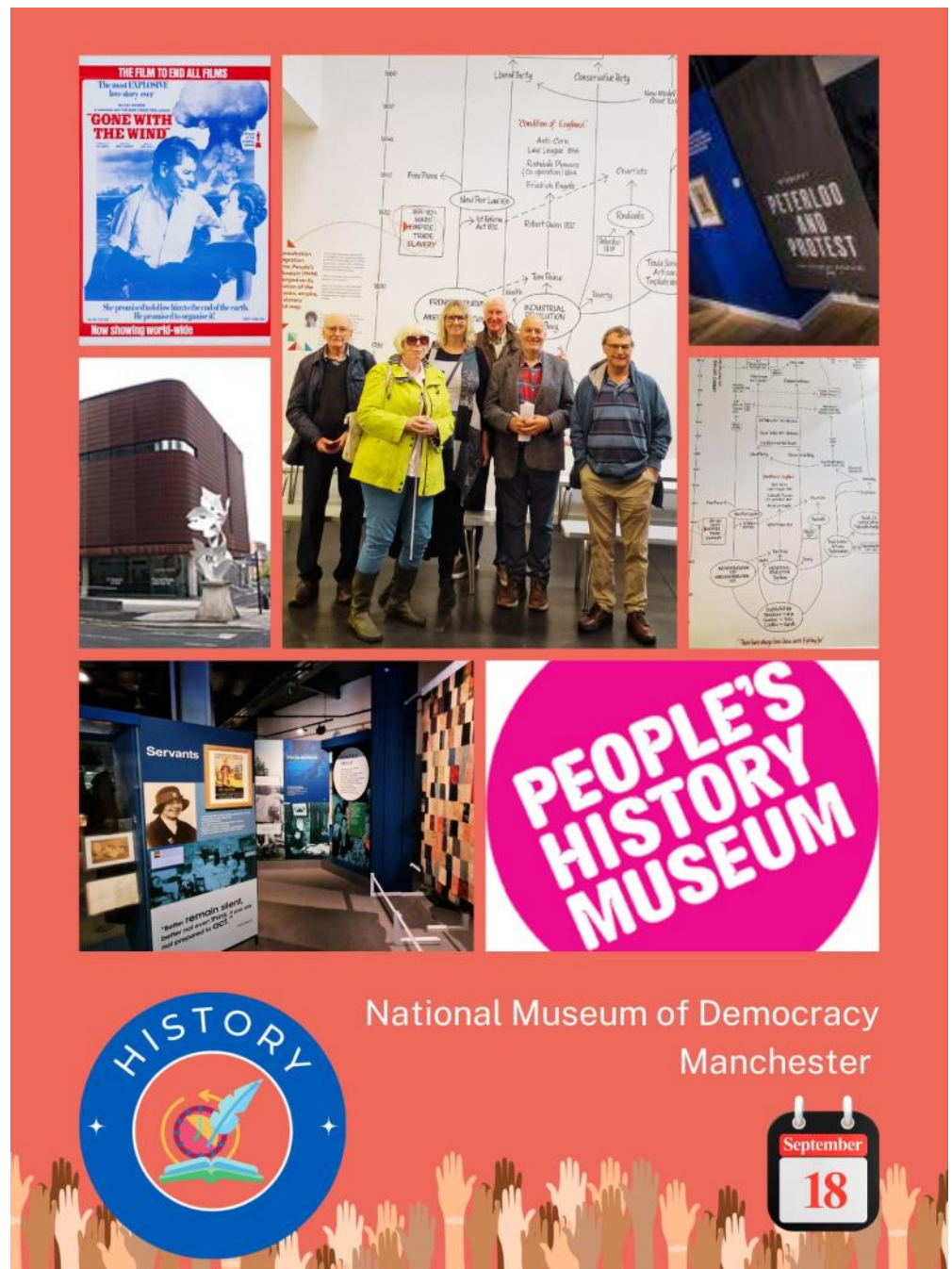


In September, six members of our History Group visited the **People's History Museum** in Manchester. Whilst there the group saw a wide range of exhibits and information on people and organisations who have stood-up against persecution, discrimination, inequality and injustice. The visit was both interesting and informative.

Our next meeting will be on Monday 16th October. Sue Piggott-Forster will finish off our theme of 'Women in History' with a talk on Ruth Ellis which should be very interesting.

We will then discuss our next proposed subject topic which is '**Decisions or actions that have changed history**'.

Coordinator
David Taylor



Interest Group news



We now have three thriving and fun Table Tennis groups which take all levels from beginners to experienced, over two locations and on different days:

Table Tennis 1:

Pontesbury Congregational Church
13h30 to 15h30

Table Tennis 2:

Minsterley Parish Hall
10h00 to 12h00

Table Tennis 3:

Pontesbury Congregational

10h00 to 12h00

If you are interested in joining please contact the coordinators via our website or clicking on the coordinators name to email:

Coordinator

[Jane Simms](#) (TT1)

[Sue Lambert](#) (TT2)

[Steve Anderson](#) (TT3)

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laugh,
live**



On the 8th September, the gardening group spent a splendid sunny Friday afternoon exploring **John's Garden** run by **Ashwood Nurseries** in Kingswinford. The weather couldn't have been kinder and the extensive gardens were a delight, tended by 4 full time gardeners. As always, tea and cake followed in the Tea Rooms!

Our next meeting will be on Friday 13th October in **Cardington** – another Don suggestion, so undoubtedly we will be getting another treat. **If any other u3a members wish to join us, please contact the coordinator.**

Coordinator

[Sue Anderson](#)

Tel: 07762 977 432



Interest Group news



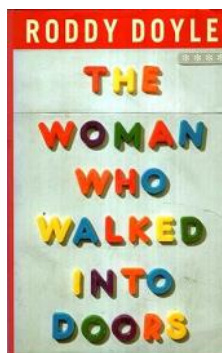
Roddy Doyle (born 1958)

Photograph: Jon Kay

Continuing our Irish writers theme, at our September meeting we discussed the work of **Roddy Doyle** (born May 1958). Doyle is a renowned Irish novelist, dramatist and screenwriter, who has written 15 novels, 9 childrens' books, 7 plays and screenplays and dozens of short stories. He is known for his unvarnished depiction of working-class Ireland with his distinctively Irish settings, mood and phrasing which has made him one of Ireland's favourite writers.

We chose to concentrate on his novel, **The Woman Who Walked into Doors**.

At the centre of the story, there is both a happy and unhappy narrative, which collide and fail to result in a unified story. The happy narrative of passionate love, the creation of family and the coming of age of one's children are constantly at odds with themes of marital violence, drug abuse, emotional disorder, power struggles, crime and



deception. Coupled with the stifling of Paula's voice is the wilful ignorance of the people who are supposed to be a source of help for victims of domestic abuse, namely, health practitioners, who don't even ask the most basic questions about where Paula gets her injuries.

Thus, the novel functions as a conduit for one survivor's voice, hoping to open up a dialogue about the complexity of patterns of abuse that are too often ignored.

The fact that a man could write a book like this and make it utterly believable is testament, not only to Doyle's exceptional literary skills, but also to his understanding and empathy.

We meet on the second Wednesday of the month at 2 p.m. in the Meeting Room at The Pavilion in Pontesbury and new members are welcome to join us, please contact doreen.thomas614@btinternet.com for further information.

Our author for October will be Edna O'Brien and her autobiographical book, *Mother Ireland*.

Coordinator
[Doreen Thomas](#)



The next Short Walking dates are:

Monday 2nd October 10h to 12h

Monday 16th October 10h to 12h

Monday 30th October 10h to 12h

Coordinator
[Irene Windows](#)

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Interest Group news



Our Art History and Appreciation group will reconvene at 2pm on Monday October 16th at St. Mary's Close, Westbury.

Having completed our year long study on Picasso, we shall be discussing War Artists and their important contribution to British Art.

Coordinator

[Mary Lovegrove](#)



The next meeting will be on Wednesday 25th October at 2.00pm at the Mytton Arms in Habberley. New members are always welcome for a friendly discussion and nice cake!

Contact me for information. New members are always welcome.

Coordinator

[Janet Walsh](#)

u3a national news

Short Story Competition 2023

The entries of the 13 finalists for the u3a short story competition 2023 (from 400 entries) can be found here: <https://u3a.org.uk/learning/short-story-competition-2023>

The overall winner is Laurene Henderson from Wissey u3a in the East of England with her story 'See Emily Play'. Joint second place goes to Lynne Patrick of Witney u3a with 'Moving On', and Jane Guinery of Malvern u3a with 'Colours in the Fog'.

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See Emily Play

by Laurene Henderson, Wissey u3a



Moving On

by Lynne Patrick, Witney u3a



Colours in the Fog

by Jane Guinery, Malvern u3a



u3a national news

Third Age Matters



The autumn 2023 issue of the Third Age Matters magazine is now out and there are numerous copies now available to borrow in the library in The Pavilion in Pontesbury – if you could please return these to the library when finished so others may borrow them.

The coordinators will also circulate the magazine to those in their interest groups who would like to read it. You can also get a screen reader version online here: Click here for the latest magazine: u3a.org.uk/news/publications/tam-autumn-2023

Found in Nature

A couple of photos from the u3a's "Found in Nature" Initiative:



Waxwing With
Rowanberry

Daniel
Ards and North Down u3a



Red Stag Deer

Geoff
Boston u3a

IGO Online Fair Schedule

Don't miss Interest Groups Online (IGO) fair where you can try taster sessions for free. Between **2 and 6 October**, a selection of group leaders will deliver 30 minute taster sessions, from Laughter Yoga to British Cemeteries, to give prospective members a flavour of what you can enjoy if you decide to join. To find more details: www.u3a.org.uk/learning/interest-groups-online/igo-online-fair-schedule

IGO is an online community of learners, who meet mostly via Zoom. From October, membership is just £6 for 6 months and you will have access to over 75 different groups across a wide range of topics, visit the [interest groups online groups page](http://www.u3a.org.uk/learning/interest-groups-online/igo-online-fair-schedule) to browse all groups. Taster sessions are open to everyone, including non-u3a members, so please make note of the date and share this with your friends. Find out more on the [Interest Groups Online page](http://www.u3a.org.uk/learning/interest-groups-online/igo-online-fair-schedule).

Online Learning Events

There's something for everyone this month with lots of interesting free u3a online zoom courses: [Click here for this months events](http://www.u3a.org.uk/learning/interest-groups-online/igo-online-fair-schedule) and to book your place:

- **Laughter Yoga** Wed 11 Oct 10am
- **Royal Presence and Royal Presents: A Commonwealth History** Thur 5 October 10am
- **The Commonwealth War Graves Commission and its Archives** Mon 9 Oct 2pm
- **Into the mind of an artist: Van Gogh Part2:** Tues 10 Oct 10am
- **Climate Modelling** Tue 19 Sep 10am
- **Odd numbers and There and Back again: tales of 2 beautiful number patterns..** Thur 12 Oct 2pm
- **Live Cookery Demo - Autumn recipes** Fri 13 Oct 10:30am
- **Meditation and Mindfulness Series** Wed 18 Oct 10am
- **Family History: Why whole family matters** Wed 18 Oct 2pm
- **The Story of Britain through Coins** Thur 19 Oct 12pm
- **Future Lives - How our thinking skills change as we age and what we can do about it** Wed 25 Oct 3pm
- **Mindfulness & Meditation Continuation** Thur 26 Oct 10am
- **Live Cookery Demo - More Autumn recipes** Thur 26 Oct 2pm
- **Fashions Dumping Group:** Fri 27 Oct 2pm

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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.

Groups Facilitator Support:

Pat Frost 07971 751978

David Taylor 07746567788

Art History	3rd Mon of month 2pm—4pm Venue to be advised		Local History	3rd Tue of month 2pm—4pm Minsterley Parish Hall	
Astronomy	Last Wed of month 7:30—9.30pm Bog centre, Stiperstones		Painting & Drawing	Every Tues when in session 2pm—4pm Coordinator's House	
Badminton	Every Tue 4:30pm—6pm Mary Webb school		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		Table Tennis 1 Pontesbury	Every Mon 1:30pm—3:30pm Congregational Church	
Family History	2nd Mon of month 10:15am—12:15pm Pavilion , Pontesbury		Table Tennis 2 Minsterley	Every Wed 10am—12 noon Minsterley Parish Hall	
Folk Music	Every Mon 2pm—4pm Minsterley Parish Hall		Table Tennis 3 Pontesbury	Every Fri 10 am—12 noon Congregational Church	
Gardening	Second Fri of month 2pm—4pm As announced		Walking (long)	Alternate Thu 10am—12 noon Venue to be advised	
Geology	2nd Tue of month 2pm—4pm Pavilion, Pontesbury		Walking (short)	Alternate Mon 10am—12 noon Pontesbury School Green	
History	3rd Mon of month 10:30am—12:30pm Pavilion, Pontesbury		<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 		
Italian	Every Wed 10:30am—12: noon Coordinator's house				
Literature	2nd Wed in month 2pm—4pm Pavilion, Pontesbury				

