



What's New for October 2023

Reminder of our Open Meeting

Wednesday 4th October 2–3.30pm– Warndon Hub, Shap Drive, Warndon, WR4 9NX

Butch and Sundance

A super chance to catch up with fellow members, especially if you didn't manage to get to the Groups' Fair, with what promises to be a very interesting talk by Peter Gill.



**Wednesday 8th November 2–3.30pm – An Open Meeting
The Green Centre, Gresham Road, WR2 5QS**

Tasting the Tudors: Food and Drink in the Tudor Period



Why shouldn't you put your elbows on the table? Who had a better diet, the rich or the poor? Why might rotten teeth get you a husband? Find out about table etiquette in the past, what the Tudors ate, and what this tells us about society at the time, why the Tudors drank only alcohol and why drunkenness was tolerated.

Our Speaker is Kirstie Bingham who works for the John Moore Museum in Tewkesbury and has worked in the heritage sector for many years. She gives talks on a variety of subjects from the 15th to 17th centuries.

**Thursday 23rd November 7pm – An Online Talk
You've Never Had It So Good**

A wonderfully nostalgic look back at society, culture, news and music from the great golden decade that was the 1950's. Do you remember rationing, trams, the Festival of Britain, smog and The Third Man film? Then this talk will bring back many memories. If you are too young to remember British Pathe News, Muffin the Mule, Ford Anglia cars, or the Wooden Tops, then this talk will explain much more about British society and how it changed so much in this decade.

Our Speaker is Paul Robbins (BSc(Hons), BA, ISEB Cert, PHF) who is a highly experienced presenter, historian and author.



Pat Davis will email details of how to join this talk a few days beforehand.

Might You Be Interested? Two Possible New Groups

BACKGAMMON – Would you like the chance to learn how to play one of the world's oldest board games? One of our members would be happy to start a Backgammon group if there is sufficient interest. The group would be held at a private venue at Crookbarrow View, Whittington on either a Wednesday morning or a Friday afternoon, whichever is the more popular. If you can already play, that's great, but there will be coaching for anyone who has not played before. AND, refreshment facilities will also be available.



BALLROOM DANCING – This was previously a very popular group. We now have someone who will be very happy to revive it if there are enough people who would like to join.

If you are interested in joining either of these groups, please contact Fern O'Brien at publicity@worcesteru3a.org or leave a message on **01905 887579**. It would be so great to have two new groups that members can join.

Groups' Fair

A lovely morning, which, hopefully, everyone enjoyed and found worthwhile. Certainly, the comments we have received about the organisation and information available on the day was very pleasing. Though perhaps it was a little hot for some people. We have interesting weather at our events. Very windy at the Worcester Show and very hot for our Groups' Fair.



Our u3a Pickleball Members learn from a Pickleball Master

Pickleball is one of the world's fastest-growing sports, invented in 1965 on Bainbridge Island, near Seattle. Worcester member Ian Raven started our first Pickleball group in September last year with 12 members. Pickleball has gone from strength to strength and there are now another three groups with 36 members currently playing.



Michael de Groot of Wyre Forest Pickleball, is Worcestershire's County Representative at Pickleball England and was instrumental in getting Pickleball in Worcestershire off the ground with a small group of Wyre Forest u3a members. Around 60 members now play. Having qualified as a Level 1 coach, he kindly offered to visit Worcester recently to pass on his expertise, spending 3 hours with us at Perdiswell Leisure Centre. Not all of our 36 players were able to attend, but those who did found the session very helpful and enjoyable.

Learn more about Pickleball and the English governing body via <https://www.pickleballengland.org> <https://u3asites.org.uk/worcester> under Groups or leave a message on our answerphone, **01905 887579**.

Thursday 12th October, 10am–12.30 Online An Exciting Network Link Autumn Meeting

The Network Link Team would like to invite you to **The Network Link Autumn Meeting**, to be held via Zoom. Our speakers will be:

Peter Clift, on u3a Radio
Margaret Fiddes, on the u3a Festival in York, July 2024
Ray Hardisty, on Public Relations Advisors

As usual, there will be opportunities for questions to the speakers and the meeting will conclude with an **Air and Share** session. If you would like to contribute to the Air and Share session, could you let Sue Russell know in advance at Sue.Russell@u3a.org.uk so that she may have an idea of numbers and likely topics.

Attendance is free, and open to all u3a members from all u3as.

Registration is via TicketSource – please click on this link: <https://www.ticketsource.co.uk/u3a-thames-valley-network/t-yaplmkx>

The Zoom link will be sent out nearer the time to all who have registered. If you have any problems with registration, please contact Avis Furness at: u3anetworklinkmeeting@gmail.com

Some On-Line u3 Events That May Be of Interest – All Free

Thursday 5th October, 10–11am – Royal Presence and Royal Presents: A Commonwealth History



This lecture will trace the early origins of the modern Commonwealth through nineteenth-century royal tours and embassies to the British Court.

Rachel Peat Underhill is Curator of Decorative Arts at Royal Collection Trust. She is a contributing author to *George IV: Art & Spectacle* (2019) and editor of *Japan: Courts and Culture* (2020).

Tuesday 10th October, 10–11am – Into the Mind of an Artist, Van Gogh, Part 2

Catherine Stevenson of Newcastle u3a looks at how Van Gogh dealt with mental illness. Perhaps some of Van Gogh's work during the last 10 years of his life offers us some answers to this question, or does it? There will be a simple overview of Van Gogh's mental state and what may be likely diagnoses by doctors, scientists, art historians, and many others. However, how did Van Gogh actually cope when many times he could not even remember doing something dangerous such as drinking paint? The selected works may offer us an insight into answering questions and let's find out what you think.

Thursday 12th October, 2-3pm – Odd Numbers and There and Back Again

Dr Ron Knott has a Pure Maths degree and taught in a secondary school before returning to university to get his PhD in maths and computing.

The odd numbers make some beautiful patterns for fractions – all fractions in fact. We show how to make your own. The second part is about numbers that are palindromes, the same when reversed. There is a simple trick to listing them. Did you know that every number is a sum of just 3 palindromes? All the maths needed is explained in the talk.

Friday 13th October, 10,30-11,30am – Live Cookery Demonstration

Chef Alex from Vegetarian for Life demonstrates his delicious Autumn recipes.

Find out more on <https://u3asites.org.uk/worcester> under Events and u3a National Events.

Any updates for What's New by 16th October for the November edition, please.

Email: newsletter@worcesteru3a.org Or leave an answerphone message on **01905 887579**.

The Worcester u3a website can be found by clicking <https://u3asites.org.uk/worcester>

Under 'Groups' there is up-to-date news and a list of the groups you can join with the Worcester u3a. You can also contact individual Committee members by clicking on the 'Contacts' heading. Here you can leave your email address and your comments.