

Pershore and District

UNIVERSITY OF THE THIRD AGE

Registered Charity no. 1093328



April 2019 Newsletter

www.pershoreu3a.org.uk

Chair's Chat

Our revamped newsletter continues to attract praise which is very much down to Sandra, our new Editor and to you all for sending in articles and ideas.

Your U3A committee has been working to ensure that every member with an email address receives an electronic copy of the newsletter as near to the first of the month as possible. Those of you without email should now be receiving a posted paper copy. As you attend your various groups and meet your U3A friends, if you happen to come across someone who is not receiving the newsletter would you let me or any other committee member know please and we will do what we can to sort it out.

We also try to email a few days before each monthly meeting to remind you about our speaker and the topic. This has resulted in recent attendances being much higher than normal and also means we may need to experiment to find quicker ways of signing you all in as you arrive. It also means that our hardworking refreshment team (Cath, Jenny and Sue) have decided to splash out on a new tea pot for all those teas you drink afterwards!



The April speaker is one of our own members – John Greenwood – who has been putting an enormous amount of work into a unique personal reflection about the First World War complete with photos, film clips and maps.

I understand John is hoping to bring with him various historical items including the army kit he wore for his re-enactment. Do come along on 16 April to support John!

Those of you who so kindly give your time to act as group leaders will probably be aware of the annual Group Leaders' Meeting taking place on Monday 29 April in the Town Hall at 10am. Sue's piece in this newsletter will tell you more. The idea is to provide fresh coffee, tea and pastries from 10am to get you settled in for the business part of the meeting to start at 10.30

Keep up the good work everyone,

Jill

Jill Wilson, Chair

U3APershoreChair@gmail.com

Speakers at our forthcoming Monthly Meetings

**Venue: Number 8,
High Street, Pershore WR10 1BG
(in the auditorium)
Time: 2pm Entry: free**



Tea, coffee and biscuits will be available after the meeting at no cost.

Tuesday 16 April 2019

The Retreat from Mons – A personal journey - by John Greenwood from Pershore U3A

John decided to re-enact the retreat, in order to honour the 1st World War soldiers, by marching 40 miles and carrying full kit. His talk will cover both personal (family) and historic elements, including film clips, photos and maps, as he sketches out why the British Army came to be at Mons. He will bring along the kit he wore and other items of historical interest.

“My inspiration was that I wanted to connect, in my own way, with our chaps of a hundred years before, so I want to show pictures and film of what they went through, contrasted to what the places are like today and what it was like for me to move through that country”



Tuesday 21 May 2019

'The historical background to nursery rhymes' by Terry Penny

Nursery Rhymes only acquired that name in the early part of the 19th Century. They were never intended purely for children. Some of the Rhymes recorded historical events (Elizabeth I visiting Banbury Cross, Patience Muffet being scared by a spider). Others were used to spread subversive messages (The rhyme that helped to start the Peasants' Revolt in 1381). Some rhymes told of the way in which people lived (17th century invention of rhyming slang as in Pop Goes the Weasel) and others could result in your death.



Tuesday 18 June 2019

'Through the garden gate' by Adrian James

Adrian is a regular & popular speaker to groups & societies throughout Worcestershire and the surrounding counties. He is based in Offenham and is a keen gardener, opening his garden to the public on selected days.

Through the garden gate features five gardens built around extraordinary and defining features:

Kensington Roof Gardens in London the Abbey Garden at Malmesbury in Wiltshire, Longstock Park Water Garden near Stockbridge in Hampshire, Kilver Court at Shepton Mallett in Somerset and the Eden Project near St Austell in Cornwall.



The Interest Groups

Interest Group Leaders Meeting



The annual meeting for all Pershore U3A Leaders is to be held on **Monday 29th April.**

Venue: Pershore Town Hall, 34 High St, Pershore WR10 1DS

Time: 10.00 – 12 noon. Refreshments from 10.00-10.30

If you have considered leading a group and would like to find out more please contact Sue Lavery at U3ApershoreGroupC@gmail.com

Group News

New Groups

Congratulations to two new leaders. Both new groups are full but the leaders will keep a waiting list for anyone else interested.

Understanding and Using Modern Music Technology

Leader: Peter May

Curry Club

This group is to start in April and will meet on the third Wednesday of the month. Leader: Roger Jones

Closed Group

Bridge Club

Many thanks to Beryl Burton who ran the group for many years and to Gareth Harries who took on the leadership recently. The Bridge Group has now closed.

Wish List for new groups

Chess

Art Appreciation

Patchwork/Quilting

Croquet

Proposed new groups recruiting members

Fun and Easy(ish!) Recorders

Book Club 3

Existing Groups Recruiting New Members

Singing Group (See item in newsletter)

If you would like to have your name added to any of the items on the Wish List, have any other ideas for Interest Groups or feel you can offer to be a Group Leader please get in touch with Groups' Coordinator. Sue Lavery u3apershoreGroupC@gmail.com or 01386 556892

Proposed New Group

Fun and Easy(ish!) Recorders

I would like to start a U3a recorder group in Pershore. As a regular and keen recorder player myself, I have felt that there is little or nothing for the beginner to intermediate or unconfident player to join in the local area.



I would encourage players who can read music and are reasonably competent players who want to play ensemble with others to come along. If they can play treble, tenor or bass or just descant that would be great. We will be playing some simple harmonies, get used to playing in parts with other people and maybe have a look at improving technique. Genres will be varied – simple folk tunes, early Renaissance, written for the recorder, some Classical, some modern pieces written for the recorder. There is a huge amount of material available!

Each session would be no more than two hours, possibly meet a couple of times a month and end with refreshments to make it fun and sociable.

A bit about myself – having learnt the recorder at school and played in an ensemble at school, it lay dormant through my working life, but has come to life again since I commenced retirement. Although I've always enjoyed music, I realised how little I knew, so took lessons leading to graded exams and have managed to achieve Grade 6 Recorder and Grade 5 theory. I would like to encourage others to have as much fun as I am having with music. If this venture does take off, I will be supported by my own music teacher, Mrs Lynda Martinson from Worcester.

Hazel Woodhead

To express your interest please contact Groups' Coordinator
Sue Lavery u3apershoreGroupC@gmail.com or 01386 556892

Group recruiting members

Singing Group

Pershore U3A singers meet on alternate Wednesday afternoons from 2 till 3.30. We sing in 4 part harmony a mixture of old and newer music, for example jazz spirituals, songs from musicals etc.

We welcome new members, you do not need to read music as we sing through the parts to learn new songs.

We do not take ourselves too seriously and have some fun.

Anyone interested please give me a ring.

Sue Gooderham 01386 553930



Events

New Members Get Together

Thursday 25 April 2019

Our February new members meeting proved to be something of a record with 22 members attending. It was lovely to meet you all.



The next new member get together is on Thursday 25th April and is open to all members who have joined since February 28th. This is an Informal opportunity to explore existing Pershore U3A activities and hear your suggestions and ideas for other interest groups. You will find us upstairs at No 8, High Street, Pershore from 2pm where you are warmly invited to share a cup of tea (or coffee!) with other new members and a few 'old timers'.

Sue Hindley.

Musical Concert

Wednesday 5 June 2019, 2pm



Pershore Baptist Church, Broad Street, Pershore WR10 1AY
Several of the U3A musical groups are planning a joint concert.

We are hoping to have contributions from bows and blows, 60's pop singers, pop players, hand bells, U3A singers and the ukulele group.

Monthly Meeting Report

'You've got to have guts'- Dr Graham Cope 19th March

Graham gave us a fascinating and most informative 'walk' through the gastrointestinal tract, complete with slides.

We started right at the beginning, with the mouth. Graham told us how important good dental hygiene is to keep pathogenic bacteria in check; how bad breath could be the first sign that bad bacteria are proliferating, which in turn might lead on to gingivitis or later gums receding and eventual tooth loss. (Receding gum is also a natural phenomenon of aging – hence the old adage 'long in the tooth'.) Garlic paste injected into the gum line by dentist has been shown to be beneficial, slowing down the growth of bad bacteria.

We next moved on to the oesophagus, with an explanation of Barrett's oesophagus and its relation to excess frequent acid reflux and how it is useful to use products like Gaviscon to reduce acid reflux.

Next on to the stomach, full of caustic acidic contents, protected by an alkaline mucous barrier. Here Graham explained how peptic ulcers can develop if this protective barrier is damaged.



From the stomach we moved on to the liver, the pancreas and the bile duct, working to detoxify the blood, absorb sugars and emulsify fat. The liver's importance in dealing with alcohol was emphasised; Graham explained why it is important to limit alcohol intake to the recommended amounts to avoid damaging the liver.

From there we moved to the intestines. The small intestine, measuring about six meters (!) has the job of absorbing most of the nutrients from what we eat and drink. The job of the large intestine or colon is to re-absorb water and salts to control the levels in the blood, and then to expel waste. It is also the home of up to 100 trillion bacteria, of over 100,000 species known as the microbiome, now understood to be essential for not just our physical health, but also increasingly our mental health. As the gut-brain axis is researched, the effects of these beneficial bacteria on hormonal and neurotransmitter activity are being revealed. Graham suggested that these bacteria evolved in us from our ancestors eating a high plant and low meat diet and explained how our modern diet of processed food, high in fat and sugar, is badly affecting our gut bacteria, and so our health. We were then treated to a slide of the Bristol Stool Chart. Graham said that reading matter in the toilet could be a sign of poor bowel habit, as passing a stool should take not much longer than urinating. He discussed diverticular disease, irritable bowel disease, ulcerative colitis and bowel cancer. He recommended eating much more fibre from vegetables and wholemeal bread – even that these were lifesavers. Fibre exercises your colon! He also told us to take part in the bowel cancer screening programme.

Graham then answered interesting questions from the audience on Parkinson's Disease, exercise (which can boost your immune system), the relation of oral health and heart health, probiotics in products such as yoghurt, kefir and kombucha.

Key action points – maintain good oral hygiene; reduce your alcohol intake; eat much more fibre (vegetables and wholemeal bread); take part in bowel screening.

Mary Greer.

Dr Cope's Bread Recipe

Equipment

Digital scales
Bread maker
Included measuring spoon
Included water measurer

Recommended

Salter (2gm divisions)
Panasonic SD-2500

Ingredients

Bread making yeast (Hovis)	1 teaspoon
Strong white flour	150gm
Strong wholemeal flour	350gm
(Sunflower seeds – optional)	40gm
Granulated sugar	26gm
Sunflower oil	26gm
Fine table salt	1½ teaspoons
Cold water	330gm or ml

Method

Place bread making pan on scales and add or weigh out in this order:
Yeast, Flour, Seeds, Sugar, Oil, Salt, Water
Fix pan into bread maker and adjust settings: wholemeal and large loaf
Press START.
After 5 hours remove baked bread when finished
Allow to cool

Please send items for publication in the newsletter to sandrafairways@gmail.com
by the 20th of the month

Invite from our neighbouring U3A

Evesham U3A Short Breaks Group

Evesham U3A Short Breaks Group have vacancies on the following trips in 2019. The details below are for guidance. For further information contact Jean Griffin 01789 750772, or by email via the Evesham U3A website: <https://u3asites.org.uk/evesham/events>

Norfolk Broads – 3 days/2 nights Friday 21 – Sunday 23 June 2019

Stay at the Holiday Inn, Norwich North. £225 per person, single room supplement £50

The price includes bed, breakfast, evening meal, excursions and visits: guided tour of St Edmundsbury Cathedral, Bury St. Edmunds, a one and a half hour cruise on the Broads, Norfolk Railway single journey between Sheringham and Holt, and group entrance to Sandringham House Museum and Gardens. Departure and return is from Evesham.



Isle of Man – 5 days/4 nights Thursday 5 – Monday 9 September 2019

Travel by coach and ferry. Stay at the Chesterhouse Hotel, Douglas. Cost £484 per person, single room supplement £50 to include B&B and dinner.

Day 1 – Coach travel from Evesham to the ferry at Heysham, 4 miles south of Morecambe (4 hours crossing).

Day 2 – Visit to the House of Manannan Museum, Peel (entrance included).

Day 3 – Trip by steam train from Douglas to Port Erin (cost included).

Day 4 – Free day.

Day 5 – 8.45 am start for return journey to Evesham via Heysham.

Liverpool – 3 days/2 nights Sunday 13 – Tuesday 15 October

Stay at the Novotel Liverpool City Centre. £229 per person, single room supplement £58.

The price includes B&B and dinner, excursions and visits: NT Shugborough Hall, near Great Haywood, Milford on the outward journey. Guided tour of Liverpool, cruise across the Mersey to Woodside on the Wirral with entrance to the U-Boat Story Museum, visit to Port Sunlight with a one hour guided tour plus entrance to the museum and art gallery.

News

Take Five – Stop Fraud



The U3A Trust is aware of an increased threat of fraudulent incidents affecting U3As. Here in Pershore we are not immune because some of your Committee members recently received bogus emails asking them to approve payments. Fortunately, we were vigilant and spotted the fraud but it is so easy to be swept up and conned.

The U3A Trust is a supporter of Take Five, a national campaign that offers straight-forward and impartial advice to help everyone protect themselves from preventable financial fraud. For more advice and information go to <https://takefive-stopfraud.org.uk/> It is definitely worth clicking on the link to check out the advice.