

### INSIDE

#### Chair message Core Meetings

Held on the  
third  
Thursday  
each Month  
at 2.00pm

#### Group Updates

We have over 20  
groups you can join  
for fun and socialising

#### Events

Christmas Party  
14<sup>th</sup> December  
2023

### Chair Message

As I sit here on a very wet, dark afternoon, having just finalised the details for the Christmas Party with the committee, it occurred to me that it is 6 months since you voted me in as Chair and it got me thinking about what we (the committee) have achieved in that time.

We have had a successful social session and due to popular request we will be having 2 of these non speaker monthly meetings next year. Everyone who has come to the social sessions, has seemed to enjoy the opportunity to get to know people who they don't know from the interest groups. If you haven't been to one yet, look out for the dates for next year. We have taken a fresh approach to the tables for this year's Christmas party, although party traditions will still be included. The Xmas party sub committee have worked hard and I am sure it will be a success. We have looked at the results of our mini survey and this has informed us about popular speakers, new group ideas, and potential social events for the coming year. Numbers at the monthly meetings have risen month on month and it has been great to see both familiar returners and new faces in the crowd. We have welcomed several new members to CG&Du3a and we hope you will enjoy all we have to offer. And thanks to Sue W and the group leaders responding to Hilda's requests for contributions, our newsletters have been full and interesting and we have received many compliments about them.

There have been challenges of course. That's life. The passing of much loved members, poor health for some of you and the closure of a couple of our groups as interest and attendance waned.



But all in all I feel that we are in a strong position as we move into 2024. We will continue to bring you opportunities to "learn, laugh, live" because stimulating activity, fun and friendship is the key to enjoying ourselves in the third stage of life. With so much tragedy happening in the world, I feel blessed that through our u3a we have a community that supports each other in good times, and bad.

Whether you are spending Christmas alone, or with family or friends, whether for you it is a time of joy or sadness as we miss loved ones. I do hope that you will find yourself on Santa's "Nice" list. Though I am sure some of you (I am not naming names!) have been just a little bit naughty this year -but I bet you had fun though!

I wish you a Happy Christmas and a peaceful, healthy and fun filled 2024.

RUTH

# Core Meetings

At our **October** meeting, after the head witch of the CG&D u3a coven had flown in on her broomstick, our guest speaker, Margot McCleary shared stories of HAUNTED WARWICKSHIRE. We heard many stories but her tales kicked off with stinky Joe Mucklow of Inkberrow. A down and out vagrant who gave off unsavoury smells due to his living conditions.

He set his cap at a young lady called Sally who paid him some attention. He would wait at the crossroads for a glimpse of her passing. Tricked by Sally, he thought he was going to marry her and when she jilted him, distraught at his lost love, he committed suicide. Buried at the crossroads where he used to wait. It is said that still today there is an unusual aroma at that spot.



We heard about Clopton House on the edge of Stratford. Where owner John Clopton's 3 daughters all died. Margaret threw herself down the well. Alice was murdered by a jealous suitor and Charlotte died of the plague. When their mother died two weeks later and was transferred to the family vault, Charlottes corpse was discovered standing with scratch marks around the walls and doors and broken finger nails - The result of her attempts to escape from the crypt. She had been buried alive- in a coma, not dead. Her ghost is said to still haunt the house.

And we learnt that the last person to be hanged for witchcraft took place in 1684 but the last person to be convicted of witchcraft, happened as recently as 1944 !

[In happier news! Thanks to the attending members, we raised £60 For the Guide Dogs for the Blind in our monthly raffle.](#)

At our **November** Core meeting, Maggie Farmer entertained us with a century of song, singing something from each decade with snippets of history. She started with All That Jazz and Yes Sir, That's my Baby and with Elvis, ABBA and The Beatles for company, we enjoyed memories that made us smile and cry.

[Our monthly raffle raised £45 for Crohn's and Colitis. Thank you to everyone who is contributing to our new monthly initiative.](#)



# Core Meetings

## December

The 2023 Christmas party was well received by our members and we had lots of compliments

Thanks to Margaret, Sally, Barbara and Anita for organising the event and to the committee for their hard work setting it all up on the day.

We enjoyed the food and games. Our entertainer Sarah led us through a sing song and it was heartwarming to hear and watch the audience participation. I think we have the makings of a CG&D choir after that performance!



Our committee have another food based social event up our sleeves so watch this space!



**HAPPY CHRISTMAS**



## Group Updates

### Outings Group

A group of approx. 22 went on a very interesting visit to Winterbourne House a large Edwardian house in Edgbaston with extensive grounds. The house was built by one of the great industrialists of Birmingham and the rooms are furnished in period. There is information in each room about the Nettlefold family.

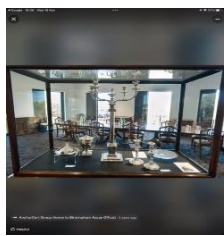


The garden terrace was perfect to sit with tea and cake. We then strolled around much of the large landscaped gardens and returned for lunch in the Morning room cafe.



A group visit cost £6.40 each and we were all surprised to have such an interesting place to see so close to home.

During November 22 members of the Outings Group visited the Birmingham Assay office in the Jewellery Quarter. We were welcomed with refreshments and cakes and settled down to hear a very interesting talk about the history of the service and its origin in Birmingham. Various examples of silver items



were passed around to demonstrate the differences on style and fashion over the years. We learnt that approximately 5million items are validated and marked each year.

The guide then took us for a guided tour where we were able to watch the various aspects of their work. After a very enjoyable and informative 3 hours struggled to leave, it's like Fort Knox security.



### Table Tennis

*Merry Christmas to all our u3a friends from the Table Tennisers*

### Rummikub Group

Please note as from NOVEMBER 6th for existing & regular players, RUMMIKUB will still happen on t

he FIRST MONDAY OF THE MONTH 1.30-4pm at The Saxon restarting in February 2024.

For further Info please ring BRENDA on 01564 702660

### Cards Club

#### Change to canasta and cribbage arrangements

Without Mary to run these groups, we have had a re set

Thanks to Barbara Hunter, who has agreed to be the group leader, we will now be running **Cards Club** on the 2nd Monday of each month. 2-4.30pm in the Saxon Pub and restarts February 2024. (no meetings in January)



We will play canasta and cribbage- either/or both at these sessions.

If you would like to learn either of these games, or join us for a sociable afternoon of cards, then come along. We sit at the carpark end of the pub.

For more information contact Barbara

[barbarahelenhunter@hotmail.com](mailto:barbarahelenhunter@hotmail.com)

*Please note that cribbage will no longer have a separate session on a Thursday*





## Group Updates



### **Badminton**

We would welcome new experienced badminton players to our group.

We play at

Earlswood Village Hall on Thursday Morning 10-12.

Pay per session £5 (to cover the hall rental)

Merry Christmas from the Badmintoners



### **Curry Club**

Members have enjoyed 12 fantastic meals at 12 venues this year, some old favourites and some new to us as a group.

1 or 2 venues had mixed reviews but generally the standard has been high (& 12 years in, I think we can describe ourselves as experts now!)

There is stiff competition for our top 3 with differences of opinion for 2nd and 3rd place but the outstanding venue by far this year, was ALLEPY BOAT on Robin Hood Island.

We will continue to research on your behalf! Throughout 2024. The dates and organiser schedule is complete so we look forward to another 12 curry nights.



This photo was taken at Naya in Henley in Arden. Which was a first time visit for the Club. But probably won't be the last.

### **Chair Exercise**

**A combination of Dance and Pilates all done with the aid of a chair)**

We now have a new Teacher who will help us exercise in a fairly gentle way to help boost our fitness levels without too much pain, we only do what we are able to manage.

We also do quite a bit of singing, chatting and laughing!!!

30 minutes of dancing on the chairs to get you warmed up and that blood pumping and have some fun. All songs are familiar so you can also sing along if you want to. 30 minutes of chair-based Pilates. Gentle Pilates exercises on the chair or using the chair for support.

Weekly on Thursday mornings from 9:45 - 10:45 pm in Cheswick Green Village Hall.

£10 to join group. £7:50 per week.

***Not sure if it's for you?*** Come to first session and pay the £7:50 class fee, if you want to continue you pay the joining fee at your next session.

For more info contact Jacky Nolan

[jacky.jnolan@gmail.com](mailto:jacky.jnolan@gmail.com) 01564 702753

## Group Updates

### Striders Group

The Striders group has done walks every month, from Knowle in September, Barston in October and Hollywood in November.

October's walk is worthy of a special mention, led by Anne Callanan and Anne Williams who wrote up this report...Five intrepid walkers set off from the Bull's Head in Barston. The wind was fresh but not too cold and more importantly the threatened rain had not arrived. Even the sun was making an appearance. In places it was sticky underfoot. The walkers reached the River Blythe which had been a gentle trickle when Anne and Anne had rec'd it the previous week but not on the day of the walk - it was well up under the bridge but we passed without difficulty.

The obligatory photo was taken and we carried on. It was getting wetter underfoot. Eventually we reached the Blythe for a second time. Oh dear. It had burst its bank. We were only one field away from the end of the walk and feeling hungry.



Various suggestions as to how we were going to proceed - removing socks and boots and wading or snorkeling across. The water was about knee high. Eventually we decided we had to retrace our steps. The shorter road back to Barston has a ford so we didn't risk that in case it didn't have a footbridge. It took us a further 45 minutes and there was almost an issue at the first crossing of the Blythe. It was

much higher than our first crossing and had burst its banks so we had to wade and water came over the tops of our boots. The Dunkirk spirit was definitely in evidence. We reached the pub just before the heavens opened. A great lunch was enjoyed by all and the rain stopped briefly to allow us to reach our cars again.



## On-Line Virtual Zoom Course NOVEMBER 2023

Zoom Sessions 2.00pm Monday  
or 10.00am Tuesday

Monday 20<sup>th</sup> November Word

25<sup>th</sup> and 26<sup>th</sup> December and 1<sup>st</sup> and 2<sup>nd</sup>  
January NO SESSIONS

Monday 8<sup>th</sup> January Video Slide  
Shows (Photo Story3 and W10 Photos)

Tuesday 9<sup>th</sup> January

Monday 15<sup>th</sup> January Excel  
Exercises Spreadsheets, (1)

Tuesday 16<sup>th</sup> January

Monday 22<sup>nd</sup> January Making Videos  
WMM, & Spreadsheets (2)

Tuesday 23<sup>rd</sup> January

Monday 29<sup>th</sup> January Email &  
attachments, CC & BCC: Recovering Lost  
Files (Recuva)

Tuesday 30<sup>th</sup> January

Monday 5<sup>th</sup> February Photo  
Editing (Picasa 3 and Google Photos)

Tuesday 6<sup>th</sup> February Computer Advice,  
Free software, Utilities

Software Used

WPS Office 16/19, Windows 10, Windows  
11, File Explorer, Zoom, Skype, Internet  
Explorer & Edge, Google and Google  
Drive, Google Photos App Windows,  
MiniTool Moviemaker, G-Mail, Photo  
Story 3, WMM, Audacity, Skype, File  
Minimizer, Picasa 3, Photos App