



Learn, laugh, live
Dysgu, chwerthin, byw

Caldicot & District

June 2024 Newsletter



ACTIVITY GROUPS

A Little bit of Welsh

Convenors: Ann Holloway 07443 224894,
Linda Calvin Thomas 07784 634567,
Alt Wed 10.00-11.00, Caldicot Library

Art

Convenor: Rob Harry 01291 421282
Wed 1.30-4pm Portskewett Rec Hall

Bridge

Face to Face every Thursdays 2-4pm
Caldicot Library

Coffee Morning

1st Saturday every month 10-12
Caldicot Methodist Church

Computing

Convenor: John Mills 01291 420045
Fri 9.30-12.30 Bethany Baptist Church

Gardening

Convenor: Pauline Marx 07544 671870
2nd Thursday each month 2-4pm
Caldicot Methodist Church

Handicraft

Convenor: Jill Greenhaigh
01633 548968 1st & 3rd Wed 10-12pm
Caldicot Methodist Hall.

History

Convenor: Dave Edwards 01291 422303
3rd Wed in month, 2 - 4pm.
Caldicot Methodist Hall

Music Appreciation

Convenor: Jan Potter 01291 794034,
4th Wed of month 2-4pm.
Home of Jan Potter

Rock Roll Stroll

Convenor: Lynne Howells 01291 423395
Alternate Thurs 8pm . St Marys Church Hall

Science & Natural History

1st Monday in the Month.
10-12 Caldicot Methodist Hall

Scrabble

Convenor: Lyn Mitchell 01291 421567.
2nd & 4th Fri each month 2-4pm
Bethany Baptist Church Hall

Short Mat Bowls

Convenor: Helen Wormald 01291 423765
Wed 2 - 4 Scout Hall.

Spanish

Convenor: Julian Wood 01291 421095.
Mon 10.45-12. Various venues.

Table Tennis

Convenor: Les Mitchell 07367 064322
Mon 2-4 Scout Hall. Sandy Lane

Ukulele

Convenor: Chris Spiller 01291 424694
Tue 2-4, Portskewett Recreation Hall

Walking Groups

Every Tuesday am
Various Locations & Starting Points

Stragglers, 3-4 mls

Convenor: Brian Hopkins 01291 422387

Amblers, 4-5 mls

Convenors Jenny & Stan Griffiths
01633 880578

Strollers, 4.5-6 mls

Convenor: Bill Bewg 01633 880165.

Striders 5-7 mls

Convenor: Richard Harding 01291 420305

Facebook

jct7788@aol.com

CHAIRMAN'S REPORT

Well, following a very busy year your Committee are now working on some events for this year and a new Database System that keeps our Membership and Finances up-to-date. The system is known as Beacon and will make The Committee, especially Treasurer and Membership Secretary roles easier as well as easier for Convenors and Treasurers of the Groups to communicate with you and keep their Membership lists current.

Please keep in your diary the following dates:

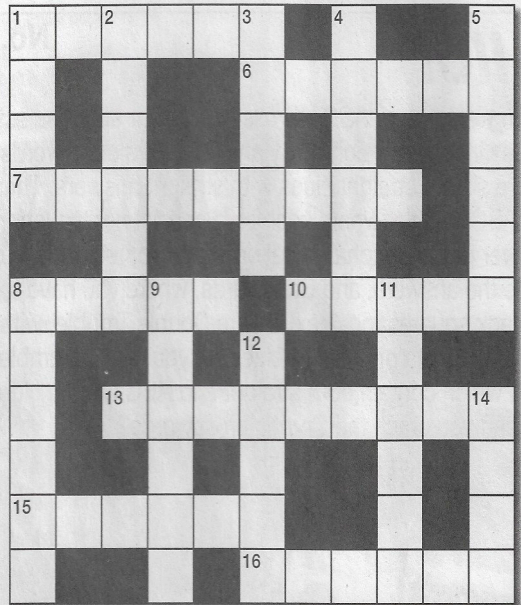
19th July – Picnic in the Park
 28th September – Open Day
 5th December – Christmas Party
 More details of these events will be communicated to you when they are available.

As you are aware there will be spaces to be filled on the Committee in March 2024. Please come forward and help your u3a flourish in the future.

Sign up today for the free Friends Newsletter for u3a Member with offers, stories, discounts, etc. Instructions to sign up:

1. Go to u3a Website in your search engine
2. Click on NEWS
3. Click on Newsletter
4. Complete information requested
5. Submit
6. You will receive this free Newsletter each month via your E-Mail Address.

As announced at the A.G.M. and the Convenors meeting your Chair and Treasurer will be stepping down as of 31st March, 2024. In order for your u3a to continue after that time there must be a Chair and Treasurer in this role. It does not have to be one person, several people can do these roles so if you do not want Caldicot u3a to close then please come forward and keep your u3a flourishing. Please contact a member of the Committee if you are interested.



ACROSS

- 1 HOLLOWED-OUT BOAT (6)
- 6 IRRITATES (6)
- 7 MEADOW FLOWER (9)
- 8 STALK (5)
- 10 LOOK AT (3,2)
- 13 THROW AWAY (7,2)
- 15 TYPE OF BIRD (6)
- 16 STEAL CATTLE (6)

DOWN

- 1 DREARY (4)
- 2 SMALL CAVE (6)
- 3 LINGER (5)
- 4 AT WORK (2,4)
- 5 DORMANT (6)
- 8 ROYAL RESIDENCE (6)
- 9 SCOTCH, EG (6)
- 11 ABSOLVED, EXCUSED (6)
- 12 ANIMAL TRACKS (5)
- 14 GROW FAINT (4)

Gluten free turkey bolognese (low fat, high protein)

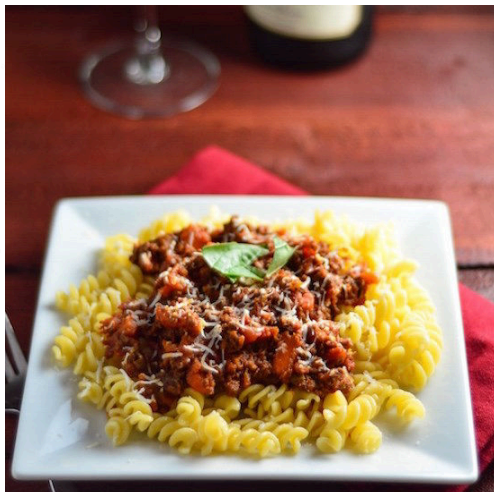
A quick and easy gluten free turkey bolognese which is low fat, high protein, and macro-friendly. Perfect for a simple and cheap weekday meal.

Ingredients

- 500 g turkey breast mince
- 400 g tinned chopped tomatoes
- 250 g passata
- 70 g double concentrate tomato puree
- 1 tsp dried basil
- 1 tsp oregano
- 1 onion, finely chopped
- 3 cloves garlic, crushed
- 2 tsp vegetable bouillon
- 1 tbsp gluten free Worcester sauce
- 1 tbsp virgin olive oil
- Salt and pepper , to taste

To serve

- 300 g gluten free pasta
- Fresh basil leaves
- Parmesan shavings



Instructions

1. Add the olive oil to a large pan on a low heat. Add the onions, garlic, dried basil and dried oregano and fry for 2-3 minutes gently.
2. Add the turkey mince, turn the heat up to medium/high and fry until starting to brown. You'll need to stir this well to ensure the mince is broken up and doesn't clump.
3. Add the chopped tomatoes, passata, tomato puree, Worcester sauce and Bouillon to the pan. Stir well, bring to the boil and then turn the heat down to a gentle simmer. Season with salt and pepper to taste. Leave to simmer gently while you cook the pasta.
4. Add the gluten free pasta to salted, boiling water and cook as per the instructions - usually 10-12 minutes. Once cooked, drain and set aside.
5. Remove the turkey from the heat. Serve the pasta into bowls and divide the sauce equally between servings. Top with ripped fresh basil leaves and grated parmesan.

Nutrition Information: YIELD: 4 SERVING SIZE: 4 people

Amount Per Serving: CALORIES: 566

ADRIAN DALLOW

Ade Dallow was a member of Caldicot u3a for two decades. In that time he had been one of our most active members and involved in most of the interest groups that we run. Along with his wife Glen they also embarked on group day Trips and the various holidays that were organized over the years.

So it was no surprise that the family were inundated with cards and flowers

from everyone who knew him both because they were involved with his family and our u3a.

Within the sentiments paid to Ade the overriding comments identified him

as a True gentleman in every sense of the word and someone who made us smile. The funeral arrangements followed those themes and everyone

who attended celebrated the full family and social life that Ade had enjoyed. Indeed the stories that we all shared at the Church, the Crematorium and in the pub left us sad at the passing of a good man but also glad that we had been a part of his life.

We will all remember Ade differently because of our different interactions with him. I am lucky because the foxgloves that he gave me last year are

now in full bloom in my garden, I will continue to cultivate them and smile.

Rob Harry

SCIENCE & NATURAL HISTORY

On the 8th April, the Science and Natural History Group arranged a trip to Jenner's Museum and Berkeley Castle.

On arriving we had a presentation on Dr. Jenner's work on vaccination for Smallpox. This work was the forerunner of

the use of vaccination in combatting diseases. A self tour around his home followed. After lunch, a guided tour around Berkeley Castle had been arranged. It was very informative and the guide stated that hot poker death of Edward 11 was probably fabricated by Thomas Berkeley. The guide stated the 'jury' is still out. The weather was not too bad, a little bit of drizzle. Hopefully everyone, enjoyed themselves.

Our next meeting will be on Monday 3rd June with a presentation from Gwent Beekeepers. They will be bringing along, contained, live bees.

**Science & Natural History
Convenors**

CARDS SENT OUT

80th Birthday - Elizabeth Waite

Get Well - Helen Wormald
Sympathy

Glenice Dallow on passing of
Adrian, Myfanwy Bennett on
passing of her sister Glynis
Northcote,

who was also a Member
The family of Lillian Bull,
Liz Ridler-Davies on the passing
of her husband.

Mrs V Laphorn on passing of
Ron

MUSIC APPRECIATION

Our meeting on 22nd of May was the first since the sad death of Adrian Dallow. Adrian was a long-time loyal and popular member of the group and we were all saddened by his passing. He was my assistant convenor since I took over the job and was always helpful and willing to run the group in my occasional absences. We will all miss his friendship, cheerfulness, help and quick humour.

We continue to enjoy our monthly meetings as well as attending the concerts in St Mary's Church, Chepstow, whenever we are able to. Our next meeting is on Wednesday 26th June when we will be watching Rossini's opera the Barber of Seville which is famous for its humour and catchy tunes. If you have not seen an opera before and would like to give it a try, please join us. We are always happy to welcome new members. Phone me on 01291 794034 or 07462730336 for further information.

Lastly, just an advanced notice – our July meeting will be a week later than usual, on the 31st because of holidays.

Jan Potter

MANGO SORBET RECIPE

3 large ripe mangoes, 1 lime - juiced
200 g caster sugar

Method: Peel mangoes with vegetable peeler.

Cut flesh away from the stone and put in blender.

Add sugar, lime juice and 200 ml water. Blend until smooth and sugar has dissolved.

Pour into a container and freeze for a few hours.

Scrape sorbet back into blender and whizz until slushy.

Pour back into container and freeze for another three hours.

Repeat step 3 and freeze until solid.

COMPUTER GROUP

Since our last newsletter we have discussed the latest information on scams. Secure Passwords and managing them. Revision on special numbers eg 1) *#06#. what is this number and how is it used for your mobile phone safety and 2) 159 how to use this Bank safety number 3) Other special numbers.

We discussed the latest information on SCAMS, also File protection in Word or Excel etc.

We experimented to try and project the images on a mobile phone to the big screen.

We also watched a video on burglaries and how to make it safer in our homes. (by Ann T-H). then discussed on why and how Ann fitted her cameras.

If you are interested in joining our Computer Group our current programme is shown on the website.

We already have 20 subjects that we plan to discuss, some of them may be what you may like to know about.

PS. What do you do with your empty print cartridges ?? . As a computer group we collect them and send them to a Cancer Charity we are then sent a new box and when full we sent it FOC. You can bring them to the monthly coffee mornings and I will collect them from there.

We received a letter last month informing us that the cartridges we sent was worth £11 plus.

John Mills

The next Coffee Morning will be held on Saturday, 1st June, from 10.00 to 12.00 noon at Caldicot Methodist Church. You can drop in for a Coffee/Tea and stay for just a short time or the whole two hours, its your choice. Meet your friends after shopping and have a catch up chat. The Committee

Uniforms Through the Ages (by Ray Parfitt)

Armies have worn uniforms for many centuries, partly to present an impression of power and in some cases for personal protection.

Roman Army

One of the first organised and trained militia was the Roman army, recruited from owners of property, and it was considered an honour to be asked to join. The main protection was the breastplate (*lorica segmentata*) and helmet. Centurions and more senior ranks wore plumes on their helmets to distinguish them in battle, so everyone knew where their leaders were. The Roman army was one of the best trained of their time – they each had the same kit, the same weapons and were very well trained. Other armies may have had similar kit, but the Romans were the best at using them.



Knights Hospitalliers

Progressing on to medieval period, the Order of Knights of the Hospital of St John of Jerusalem was founded in 1099 in Malta. Also known as the Knights Hospitalliers, they were formed to care for Christian pilgrims, and wore tabards bearing a Maltese Cross. In time they became armed escorts for pilgrims.

Royal Marines

During early 18th century the Royal Marines wore red jackets; red because the dye was cheap to buy. They also wore black tricorne hats, long waistcoats, knickerbockers, long socks and black gaiters. They carried their equipment with them in backpacks.

Royal Navy Officers & Crews

At first the Royal Navy sailors did not have a uniform. However many ships' captains were mindful of the impression made by their crews' appearance, and got them to wear similar clothes, giving a smarter appearance. By 1800, this became a standard uniform.



French Republican Uniform – Artillery Train

During the early years of the French Republic, artillery was manned and transported by civilians. However when a battle was imminent, they departed the area until the battle was over. Consequently the French army created their own corps of artillery, with their own distinct uniform.



American Civil War – Union Troops

Many British people fought in the American Civil War because they had emigrated, and settled in the area (mainly north) of the United States. Their army chose navy blue uniforms, notable for the number of buttons on the jackets. Later in the conflict, both sides changed to longer formal jackets.

American Civil War – Confederate Troops

The Confederate Army opted for grey uniforms, the different sections and ranks being distinguished by distinctive colours on their badges and epaulettes (artillery, infantry, etc.)

British Troops in the Anglo-Zulu Wars (1879)

The red jackets and white helmets as worn at Rorke's Drift and Isandlwana are well known. The Martini-Henry rifles were used by many British regiments, the ammunition being carried in pouches on their belts. Each man also carried a bayonet. The amount of



effort expended in keeping everything clean and in working order must have been significant.

British Parachute Troops (2nd World War)

The standard smock for British airborne troops had a flap to join the front and back, to prevent the outer layer from flapping as they jumped from the aircraft.

American Airborne Troops (2nd World War)

The American kit used by troops was a bit different and their uniforms were much better than ours. They had a special zip pocket near the chest, containing a knife. If they got caught in a tree as they landed, they could cut themselves loose. A British invention was a gas detection device – specially prepared paper would show the presence of poison gas if used by German troops, in contravention of agreed rules of war. They also carried a ‘clicking’ device, so they could communicate with each other and distinguish friend from foe. Each man carried a zipped bag containing their spare kit. It was carried at the front when they parachuted, and carried over the shoulder when they landed. Besides water bottles, a rope was carried, so if they were caught high in a tree, they could lower themselves quietly. All this extra kit could weigh five stone (seventy pounds). This weight included the parachute and reserve parachute.

German Summer & Winter Battledress Jacket

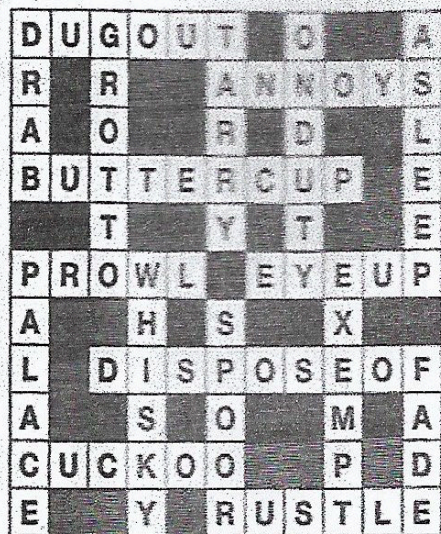
German troops who fought in wintry conditions had jackets which were reversible, so that the white side could be worn outside, providing some camouflage in snowy conditions. However the soldiers still wore the standard issue dark trousers, making them partially visible.

Dave Edwards

Here is the schedule for History:

June – TBA
July – Roger James of Tredegar House – Rorkes Drift/Pirates
August – Summer Break
September – Christabel Hutchins – Newport Museum
October – The Newport Medieval Ship
November – David Evans – My Fathers’ Secrets
December – Christmas Break
In May, Peter Strong oversaw a “70’s Quiz”, which was a great success.

Thanks Linda



HAVE YOU SPOTTED THE MOUSE

The Driving Test

The examiners headed towards the line of 'L' plated cars.

'Oh God here they come.'

'Don't worry,' my instructor said, 'you'll pass, as long as you don't get old Tweedy.'

'Who's Tweedy?'

'His real name's Danby,' he said, 'he's a tight old bugger when it comes to passes though.' Getting out of my car, he gave me a wink, and he said, 'This is where I leave you my lovely, it's all up to you now, good luck.'

Alone in my prison on wheels, I waited in terror contemplating my imminent failure. Don't get me wrong, I loved driving, I was just scared stiff of the test. I looked again at the advancing foe and then I saw him, Tweedy, he was wearing a dog-tooth jacket and check shirt, I could see how he got his name. Oh hell, he's coming my way.

'Good morning --- My name is Danby, I'm your examiner.'

Watching him jack-knife his tall figure into my little car and straighten his jacket I found myself thinking how ridiculous he looked with those half glasses on the end of his nose.

'Right,' he said 'shall we get started?'

My heart sank. After a few questions and answers I drove out of the car park. Nerves as tight as my white knuckle grip on the steering wheel I crawled up the High Street.

'Can you go a little faster?'

I could feel the sweat sticking under my arms. I pressed down on the peddle, twenty,--- twenty five,--- thirty, thirty five. Oh God, too fast. --- Panic. --- Hit brakes.

'Oh, sorry Mr. Danby.'

Calm as you like, he said --- 'Carry on please, and turn left at the next junction, then stop at the side of the road, in a safe place.'

I spotted one just before someone's gate --- clutch, brakes or is it brakes clutch --- can't remember --- Too late, brake hard.

'Oh, --- sorry Mr. Danby, did I make you bump your head?'

'No, no, would you do a turn in the road for me please?' he said. How could he be so calm when I felt so sick.

'When you're ready Miss.'

Right, here we go, --- Mirror --- wink --- turn across road into reverse --- clutch, damn!

'Sorry Mr. Danby, I'll start the engine again.'

I sneaked a look at his clip-board and saw the ticks mounting up.

'Failed, haven't I?' I said, 'it's all gone wrong. I drive much better than this normally.'

'I can't discuss it with you yet,' he said, 'we'll talk about it after the test.'

Totally disappointed, I had virtually given up, when, on the pavement just in front of me, I saw a man snatch a poor old dear's purse, leap into a waiting car and speed off.

'Hey !' I shouted, 'did you see that?'

With a quick glance in the mirror, I floored the accelerator and gave chase, zipping through the traffic with all the skill of a London taxi driver. A lorry seemed to hover in front of me as it pulled out of a side turning. Poor old Tweedy went white, his mouth dropped open and his eyes bulged out like two hard boiled eggs. I've never seen anyone look so terrified, mind you, I didn't exactly feel happy myself.

'Hold on.' I yelled.

Pulling hard on the wheel, and accelerating like mad I swerved round the lorry in a second. Tweedy let out a groan. I leaned over and opened the glove box and took out my mobile phone.

'Here,' I said, dropping it in his lap, 'Call the police and tell them what's happening.'

Too petrified to move, Tweedy left the phone in his lap.

'Do it,' I snapped, full of confidence again, 'or I'll drive one handed and do it myself.'

Tweedy snatched up the phone like it was burning his leg. In the minutes that followed, I must have done almost every manoeuvre in the book. The sound of a police car came up behind me and sat on my tail.

Winding down the window, I shouted. 'Not me you fool!' I signalled them to pass and pointed to the car in front. The scream of their engine rushed past me like a demented cat and caught up with the thief. Coming to a gentle stop, I turned to my examiner, and with a smile of pure elation, I said, 'We did it, Tweedy --- I mean Mr. Danby, we've saved the ladies purse. --- Oh, I forgot,--- I was supposed to be taking my test.'

'You've passed,' he said in a rasping whisper, 'you've passed.'

By Rob Taylor-Heard

UKULELE GROUP

The group continues to flourish, meeting every Tuesday afternoon from 2-4pm at the Portskewett and Sudbrook Recreation Hall. Membership is steady at 22, with usual attendance around 16-18. Most months a gig is arranged by Carol Schofield in a care home or similar. In April we played at St Anne's nursing home, Chepstow, while in June we will be with the Rogiet Cheerful Club. Willie Cowan has prepared a song book containing 157 tunes, including many tunes not played for some time - the group has been going for more than 10 years now. A big task for Willie as he also runs another ukulele group. Each week Dave Lloyd puts a playlist on the private facebook page so that members can rehearse before the meeting, and if necessary print the tunes, although some members now have tablet computers on which to download the song book. As always new members are very welcome

Chris Spiller

ART GROUP

In previous articles I have identified the steady progress that our Art group has made both financially and socially. Basically we have grown in numbers and now have just over 20 members. More importantly we have members with a range of skills and people who can utilize a variety of artistic media and that means that they are able to discuss each other's work and learn new skills and techniques. Those surely follow the underlying principles of the u3a movement .

It is also very rewarding to hear art group members new and old identify as they say "enjoying getting back into their art" or describe feeling "really pleased" about what they have planned, drawn or painted . Art is subjective and each person's likes and ideas may well be different depending upon their own experiences or even just what touches them emotionally. So when we all walk around the tables and look at each other's artwork for that day we see a huge range of work . Then it's really good to listen and hear the encouragement given to each other and see people's confidence grow. Learning together is good and as one member said "this group is my time to enjoy my art" I just nod and smile.

Rob Harry

GARDENING GROUP

Malvern Spring Show.
on the 10th May.

We were lucky to have the sunshine on our day trip to Malvern Spring Show. The garden exhibitions put on by school children were very good and the children were very enthusiastic explaining how they constructed them using "every day" things.

I thought the use of the musical instruments, such as the piano was very inventive.

A good day out was had by all - was the response when we returned to our coach , many laden with plants.

Pauline Marx



Two Trips have been arranged, which are now full:-

Friday 10th May Malvern Spring Show. Thursday 13th June Dyffryn Gardens.

Gardening Group Meetings:-

Thursday, 10th October 2024

Thursday, 14th November 2024

Thursday, 12th December 2024

Thursday, 9th January 2025

Thursday, 13th February 2025

Thursday, 13th March 2025

Thursday, 10th April 2025



We have increased in Members attending our indoor meetings over the past months. I tried to vary the gardening subjects over the months and hope Members have enjoyed them.

We were treated at our April meeting to a very entertaining and enthusiastic presentation from a local man, Jonathan Jenkins. "History of The Lent Lily" was the title of his talk. The Lent Lily being the daffodil family and was first known as "daffodil" in Wales. During his talk he had a box, from which he produced many varieties - large trumpet daffodils to the dainty "Cheerfulness" and colours from yellow, orange, cream and white. He told the story through the centuries of the daffodil and kept us all enthralled with his poetry - Wordsworth's "A Host of Golden Daffodils".

At the end of his talk he offered Members to help themselves to the small bunches on the table.

In the coming months I hope to arrange Speakers for our meetings in the Winter from October.

If anyone has any ideas or suggestions for Speakers, or gardening related talks, please get in touch with myself. Maybe there is one of our Members who would like to help with this? I hope you all enjoy your Summer gardening.

We were very sad to hear the news that Members of our Group, Aidrian Dallow, Glenis Northcott and Ron Laphorn passed away recently. Our sympathy goes out to their families.

Pauline Marx