



ACTIVITY GROUPS

A Little bit of Welsh

Convenors: Ann Holloway 07443 224894,
Linda Calvin Thomas 07784 634567,
Alternate Fri. 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 Thur 7.30pm 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: Wendy Powell 01291 421946

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

Summer is well and truly over, out come the jumpers, scarves, gloves, etc. I hope you have all had a lovely summer in spite of the weather.

All of the Groups are now up and running and all are very successful. Numbers have increased steadily. The only problems encountered are with the presentation equipment in the Church Hall but hopefully that will have been solved by the time this Newsletter is published.

Last month we held a very successful Open Day. The stands were very colourful and informative. We signed up 7 new members and received 14/15 enquiries from people moving into the area and who have heard about u3a through friends and neighbours.

I wish to thank all those Convenors who put so much effort into their display stands and all of the Members who supported their Convenors by sitting at the stands and answering questions. Without all of you Caldicot and District u3a would not be so successful so thank you for all of your support.

On a more serious note we have several of our Committee Members stepping down in March of next year so need some volunteers to come forward and help us out. We have a lot of fun but at the same time get things done. We now hold our Convenor and Committee meetings at one and the same time so everyone is involved in the decision making.

We all value the u3a for the opportunities and friendships it has given us and we all enjoy the Groups we attend. To ensure that it can continue into the future we need members to come forward. If you are interested please contact a committee member or your convenor.

Linda Stewart

Ukulele Group

Something different for the Ukulele Group at the end of August when we played on an open stage at the Mathern Village Fete. A little bit like performing at Glastonbury. It was a stormy day with a strong wind amplified by sound equipment as an accompaniment to our playing. We had a good turnout and could just about fit on the stage (see photo).

Earlier in August we played at the new Severn View care home, and in October will play at Crick. Words only song sheets are prepared for each gig so that our audience can sing along.

Back at the Recreation Hall we should soon have finished practising from the 169 tune song book, including some not played recently, eg "There's a kind of hush", "Silhouettes". It is planned to revise the book for 2025, probably including requests. We hope to attract new members at the open day

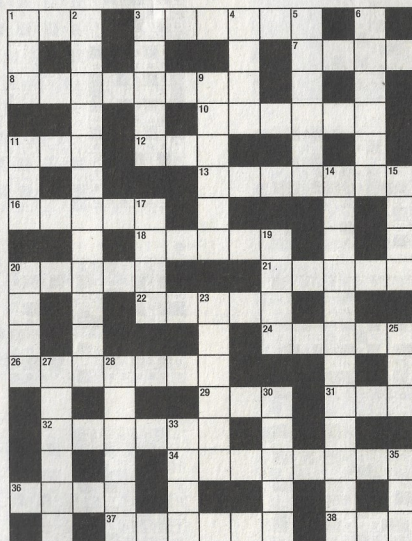
Chris Spiller

ACROSS

- 1 Sex Pistols bassist, -- Vicious (3)
- 3 Weak person (6)
- 7 Deserve, merit (4)
- 8 Friendly, affable (8)
- 10 Margaret --, Booker Prize-winning author (6)
- 11 Lair (3)
- 12 Animal's foot (3)
- 13 Blaze fighters (7)
- 16 Writer and actress, -- Syal (5)
- 18 Frankie --, singer (5)
- 20 Likewise (5)
- 21 Greasy (5)
- 22 Virginia --, British novelist (5)
- 24 Reggie --, TV and radio presenter (5)
- 26 Small axe (7)
- 29 Spider's woven trap (3)
- 31 Chart (3)
- 32 African hunting expedition (6)
- 34 Rider's foot supports (8)
- 36 Magnitude (4)
- 37 Make use of (6)
- 38 In what way? (3)

DOWN

- 1 Distress signal (1, 1, 1)
- 2 Stuffy nose remedy (12)
- 3 Gripping device (5)
- 4 Aid a criminal (4)
- 5 Indicate (6)
- 6 Horse restraint (6)
- 9 Legal (6)
- 11 Horse's mother (3)
- 14 Kiss of life? (5-2-5)
- 15 Dark blue colour (4)
- 17 Declare frankly (4)
- 19 Doubtful (4)
- 20 Elan, flair (4)
- 23 Hoodwink, bamboozle (6)
- 25 Bribe (3)
- 27 Descend with a rope (6)
- 28 Irish --, after-dinner drink (6)
- 30 Crazy (5)
- 33 Please reply (inits)
- 35 Stitch (3)

**Ideal for Autumn:****Potato Barley Soup**

1oz Butter

1 large Onion, peeled and finely chopped

1/4lb Button Mushrooms, sliced

1/4lb Pearl Barley, soaked overnight in cold water

2 Carrots, scraped and diced

2 1/2 pints Beef Stock

2 large Potatoes, peeled and diced

1/2 pint Whole Milk

Salt and Pepper

Finely chopped Parsley to garnish

Method: (serves 6)

1. Melt butter in a large saucepan

2. Gently fry the onion, adding the mushrooms. Until onion is golden (not brown)

3. Drain the barley in a sieve and add to pan with carrots.

4. Add the stock, stir and bring to the boil.

5. Reduce the heat and simmer for about 20minutes until barley and carrots have softened

6. Add potatoes and continue cooking for about 15minutes until potatoes are soft but not mushy

7. Stir in the milk. The soup should be fairly thick

8. Season and bring back to the boil.

Delicious and warming, served sprinkled with Parsley and with a thick slice of Crusty Bread.

The Ruined House

We used to say it was haunted. All the windows were boarded up to keep us out, but it didn't work. Before anyone could join our gang, to prove he was brave he had to climb in

through the back window when it was dark and stay there while the rest of the gang counted a hundred. On Fridays, the day most of us got our pocket money, we used to buy five Woodbines each and sit in the haunted house after school and smoke ourselves sick and listen for the ghost upstairs. We never heard him walking about, ghosts don't walk, they sort of glide. Donald said, 'You can get rid of ghosts by exercising them.'

'You mean, bend stretch,' Hugh said, 'like what we does in the gym.'

'I 'spect so, but only a priest can do it.'

Michael said, 'We could smoke him out if we all puffed on our cigarettes at the same time.'

'That's no good,' said Hugh, 'we'd need piles of smoke.'

'How d'you know,' I said.

'Well, my Dad found a wasp's nest in the loft and called the beekeeper and he made so much smoke you could see it coming outa the roof.'

'How did he do that?' Michael said.

'I duno, I 'spect he lit something.'

'We could light something,' I said.

Donald said, 'We were all mad.' He was cleverer than us. He was nine.

'We'll have to work out a plan.' Hugh said.

'What sort of plan?'

'Dunno yet.'

'I got a good plan,' I said, 'let's borrow a handcart from Clarky's scrap yard and pretend we're collecting for the war effort. I bet we'll get lots of paper and rags.'

All Saturday morning we pushed the cart round the streets and knocked on doors asking for any old rags, jam jars and paper. We stuffed the paper and rags through the back window of the haunted house and took the jam jars to the scrap yard. Old Clarky gave us one and fivepence hapeny for them. Enough to buy five Woodbines each and have three-hapence left over, what I kept. We made a pile of rags and paper in the middle of the room and sat round it smoking our cigarettes like Indians having a pow-wow.

'D'you think we've got too much?' Michael said.

'Na, it took lots of smoke for the bees,' Hugh said, 'so I 'spect we'll need even more for a ghost.'

We finished our cigarettes and threw the stub ends onto the pile and watched as little spirals of smoke drifted upwards. It got more and more and rolled across the ceiling, some went up the stairs, and some curled down the walls and back across the floor. It swirled all around us and we couldn't breathe. We scrambled out of the window coughing and spluttering into the fresh air and ran for our lives.

A few minutes later the clang clang clang of a fire engine bell drew me like a magnet back to the scene. Already a crowd had gathered and I could see my Dad amongst them. I went up and held his hand.

'What happened, Dad.' I asked, full of innocence.

'I don't know son, but if that house wasn't ruined before, it is now.'

Rob Taylor-Hird

Science and Natural History Group

Last 3 months of 2024

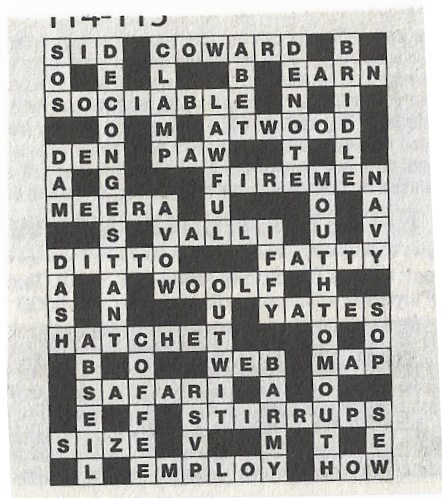
7th October – Mike Dunsbee/Nick Day
'Friends of the River Wye and Lower Wye Valley'

4th November – Dr. Rhian Morgan
Discovery of Richard 111 in a car park through DNA

2nd December – Richard Edwards
Presentation on the Scottish Islands

After Christmas and New Year Celebrations 2025

6th January – Helen Murgidge
Finland through the Seasons'.



Let's run with the beans from the garden

Ingredients

7 to 8 depending on length.

1 potato sliced

1 table spoon oil. More if you like.

Tea spoon

1/ 4 Black mustard seed

1/4 Cummin seeds

1/4 Turmeric

1/4 chilly Adjust to taste.

Pinch Asafoetida / Hing in Hindi.

Fresh coriander leaves to add and keep a few to garnish.

Salt to taste.

In a cast iron pan add oil and heat on low heat.

Add the spices one at a time and roast them on low heat. Add the sliced potato and mix. Staring for 1 minute. Add the sliced beans. Mix thoroughly taking time. Cover the pan with a lid and cook for 10 to 12 minutes. Low heat.

You may need more time for the potato to cook.

Garnish with chopped corridor leaves.

Enjoy.

HAVE YOU SPOTTED THE MOUSE

"Just to say a huge thank you to my friends from the Strollers, Welsh, and dancing for their cards and gifts and for helping to make my 80th birthday really special "

Irene Lewis.

I would like to thank all those who brought along produce for our display at our Open Day on Saturday. I will be sending a cheque for £74.00 the total received in donations, to Cancer Research.

Looking forward to our Meeting on Thursday 10th October, 2.00 p.m. Caldicot Methodist Church.

Pauline Marx

Gardening Group Meetings:-

Thursday, 14th November 2024

Thursday, 12th December 2024

Thursday, 9th January 2025

Thursday, 13th February 2025

Thursday, 13th March 2025

Thursday, 10th April 2025

COMPUTER GROUP.

Since our last newsletter we discussed the enormous subject of the SETTINGS area of our computers/laptops. We all took part in this very interesting and complicated subject. Jim Fenton explained to us the different files in File Explorer. Legacy Subject. We spoke on the subject of Wills, Power of Attorney.

We continue to discuss SCAMS, as 5 of our group received a SCAM all in the same week, 3 people replied to it. BE AWARE.

John Mussell gave us updated figures on how many people use U/TUBE every day.

We continue to hold our monthly photo competition, all good fun. Thanks to those members who continue to support our committee in different ways.

PS We are always willing to help our u3a members should you have a problem with your P/C, Laptop, or whatever.

REMEMBER to bring along your USED Print Cartridges.

Best Wishes. The Computer Group,

SHORT MAT BOWLS

We have had a reasonably good year. We finished 3rd in the Monmouthshire League in April. One of our teams won the Monmouthshire Spring Triples in March this year. On 12th October the Autumn Triples will be played and we hope to be successful again.



We are not entering the MSMB League this year as we have had a few of our members with health problems. Thankfully they are all on the way to full recovery.

In August we played Ripple Short Mat Bowls Club from Worcestershire to try and win back the Severn Challenge Cup that we lost last year. We played on the 9th August and won the Home match when we went to Ripple on the 15th August for the Away match, but after 2 very close games we were beaten and Ripple retained the cup. We will try again next year.



We are looking for some new members for the group. **In the first instance contact either Helen Wormald on 01291 423765 or Lynn Skinner on 01291 423469 and come any Wednesday for a fun afternoon and see us in action and/or join in. Tea and biscuits are available**

Thanks to the committee and friends for the Get Well cards and flowers I received after my recent operation.
Regards Helen

OPEN DAY 2024



Science & Natural History



Art Group



Bridge Group



Visitors to the Open Day

MUSIC APPRECIATION

We continue to enjoy our monthly meetings and also the concerts in St Mary's Church, Chepstow, on the third Friday of each month. They are free classical concerts which start at 11.00 am and last for around 45 minutes to an hour. The standard has been very high and information about music and performers is available. Coffee or tea is served before and after the performances and donations are appreciated on leaving the church. There is no need to book, just turn up on the day and enjoy! The next one is on Friday 18th October featuring a violinist and pianist, and on November 15th it will be the Divertimenti Ensemble. If you need any more information phone me on 01291 794034 or 07474630336.

Jan Potter

New Website for Caldicot & District u3a.

Our current website will not be supported from the middle of December 2024. This means that if anything goes wrong with the web site there is nobody to fix it. This has been known for some years, so a team of volunteers within u3a has worked on a new model for our websites, SiteWorks. More than 700 u3a in UK are due to be converted to the new website software by December. A lot have already changed and it has gone smoothly. All thanks to the SiteWorks Team.

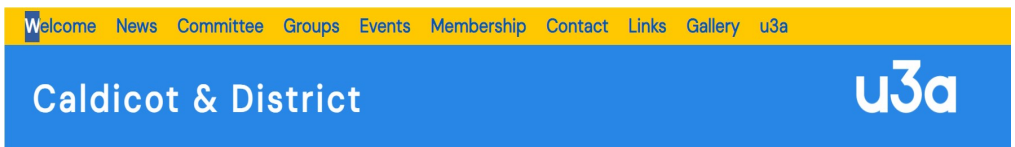
Caldicot and District u3a has been invited to take part in the training and your Web Master, Ann Taylor- Heard and her assistant, Ingrid Arntzen, are busy going through the training manual for the new site and should be ready to migrate in good time before December. Initially it will not look much different to the old one, but with time, as we get to grips with all the different things we can do, you should find it more interesting and pleasing on the eye.

The website is there for you, to inform you about what is happening in your u3a, about events, about groups, about your committee and lots of other things. It is also for potential new members to u3a; the best organisation for us in our third age.

It is an exciting time for Ann and myself.

Here is a little taster for you. Search now: <https://u3asites.org.uk/caldicot/home>

And this is what you get:



Search in the future for Caldicot and District u3a (we do not know the web address at the moment), and this is what you get:



Much more to come.

Ingrid Arntzen

HISTORY GROUP

September (Dave Edwards & Joy Ganesh)

Our talk for this month was on Newport Museum and Art Collection, given by Christabel Hutchins, one of the Friends of the Museum. We in the History Group have felt ashamed in that we have not visited recently, as there are amazing art works to very early history of the area. The archaeology collections span over 100 years of collecting and represent thousands of years of human activity in and around Newport.

The oldest objects date to the Prehistoric periods before people could write and include artefacts made by hunter-gatherers, the first farmers and first metal-workers. Moving forward, the story of Roman south east Wales is told through artefacts showing aspects of both military and civilian life. The medieval collections feature Viking and Norman artefacts and include finds from important castles, abbeys and priories.

Newport Museum and Art Gallery cares for over 7,300 works of art including Sir Stanley Spencer, L.S. Lowry, Laura Knight, Stanhope Forbes, and James Flewitt Mullock, a 19th century Newport artist. The collections illustrate the changing face of South Wales' rural and industrial landscape and include donations from the Arts Council of Wales and the Contemporary Art Society for Wales.

The Chartist collection is a nationally significant of items related to the Chartist movement in Newport and includes images, weapons, newspapers, silver and documents from the time of the Chartist rising in 1839. this protest is the most important event in Newport's history and this display has always been on permanent display in the museum. The current 'Chartism in Newport' display was officially opened in April 2010 Welsh actor by Michael Sheen. You can learn about what and who the Chartists were, how and why Chartism, the protest, Chartism and family, the trial, sentencing, calls for freedom and the legacy.

We learned a little about Newport Transporter Bridge, and the wonderful centre soon to be opened in January 2025. finally Christabel touched on the Medieval Ship, which was discovered in the banks of the River Usk in June 2002 during the construction of the Riverfront Theatre.

The ship was excavated by a team of archaeologists and lifted from the ground timber by timber. A team of specialists are recording and conserving all 2,000 ship timbers and artefacts discovered during the excavation.

The work is uncovering new and exciting information about the ship, allowing us to learn more about the Newport Ship, including its original size and shape, where it was built, the different parts of the world it sailed to, and what its cargo was. We are so fortunate in having our next talk on the Newport ('Medieval') Ship. Please come along and hear more about this exciting topic.

We certainly a lot about what the museum has to offer, and we will certainly pay a visit soon. We went to the talk without too much expectation, but Christabel left us wanting to find out more. So we must get our bus passes and Newport here we come!

