



Carterton



Quarterly  
Newsletter  
April 2018

**W**ELCOME TO THE Spring issue of your newsletter, fondly referred to as Carterton U3A Ramblings. We hope everyone coped with the heavy snow which ‘the Beast from the East’ dropped upon us recently. We heard that some people couldn’t leave their homes for several days !!

**N**OW AT LEAST we have enjoyed some sunshine and a re-emergence of beautiful Spring flowers, which always seem to signify hope of better weather. Spring is definitely in the air.....



**G**ROUP LEADERS, if you have anything that could be of interest to our U3A members, please let us know so that we can include it in our newsletters.

*From your Editors, Marj Collins and Terri Jory.*

### Main Meeting Events

April 24th. Our AGM

May 22nd. Radiotherapy and new tricks. A welcome return to Dr.M. Christlieb.

June 26th. Smiles, Metaphors and Slang. Michael Bull.



### Trips and visits to enjoy in the next few months.

May 29th:- Stratford on Avon and Charlecote Park.

June 15th:- BBC World Garden Show/Good Food Show.



July 31st:- Knebworth House and Gardens and Jordan’s Mill.

### Social events.

Another Quiz night will be held on 7th April, in the WI Hall.

October will see us enjoying and celebrating Carterton U3A’s 10th Anniversary. Lot’s of plans are afoot, suffice to say that there is a working committee who have great ideas for the chosen day, which is to be on the 4th Tuesday of the month, as is usual for our meetings.



## Recent Visits

On Wednesday 21<sup>st</sup> February we set out on another U3A outing, this time to The Birmingham Museum to see the Staffordshire Hoard and then on to Cadbury World.

As usual with our outings, despite being February the weather was dry and fine, although quite cold. Having left Carterton at the ungodly hour of 7.45 the rush-hour traffic was a lot less than expected. We had not realised that it was Half Term in the Birmingham area, which no doubt helped a lot.

The museum was due to open at 10 but having arrived early, some went for coffee whilst the remainder admired the buildings around the central square or just stood around chatting. The Staffordshire Hoard needs to be seen to be believed. The hoard was discovered near the village of Hammerwich, South Staffordshire in 2009, and consists of some 4,000 objects amounting to over 11 lbs of Gold and 3.3lbs of Silver. The hoard is Anglo-Saxon and dates from around 650 to 670 i.e. after the Romans had left Britannia and before the invasion of the Vikings. This area at the time was the heartland of the Kingdom of Mercia. Not all of the objects are displayed but those that are, are nothing short of spectacular. There are pommels from Swords, Seax's (large fighting knives), dress pins, decorative buttons and much much more including a Christian Cross. Many of the artefacts are decorated with Garnets and show influences of Celtic Art from central Europe where the Anglo-Saxons originally came from. Scientific analysis of the Garnets suggests that most originated from either India or what is now the Czech Republic; showing just how extensive trading was throughout Europe and the known world at this time. What came, as a great surprise to the conservationists was the amount and superb quality of the items of Filigree. All in all a visit to this museum to just view the Hoard is well worth the time.

The museum also includes many other treasures, Art, Ceramics, Roman and Greek artefacts and a whole area devoted to the people and history of Birmingham, once our greatest industrial city and the cradle of British Engineering that is admired throughout the world. The building itself is spectacular inside, beautifully kept and well laid out.

Just one downside. In the display of Roman & Greek cooking utensils and crockery, the bottle of Olive Oil still has its Morrisons label! Oops!!

The afternoon visit to Cadbury's World was quite a contrast to the Museum visit.

We were warmly welcomed and soon ushered through the entrance, but not before receiving a selection of 3 bars of Cadbury's chocolate.

We then entered the Aztec Jungle where we were transported back 1000 years in time to Mexico and through the tropical rainforest of the Mayan Indians. It showed the origins of the cocoa bean, amidst trees and waterfalls, deep in the ancient tropical rainforest; and how the cocoa tree was central to their culture.

A short film show told an inspiring story of John Cadbury's struggle to establish the business and introduced us to his sons Richard and George. They told of their Quaker beliefs that led them to build a better kind of factory, in a green-field site away from the smoke and grime of the city. Next we walked through Advertising Alley displaying numerous advertising posters of their products through the ages. A special-effects cinema presentation, told us about the ingredients of milk chocolate and how they are combined to make a unique Cadbury taste. Here we were given a bar of Oreo chocolate.

The first Cadbury products could be seen in the principal shop opened by John Cadbury in 1824, in Bull Street. Many of the group enjoyed a Cadabra ride. We sat in small cars and enjoyed a gentle ride through a chocolate wonderland full of familiar characters. Before exiting to the shop, we saw ladies decorating large chocolate Easter eggs. Then we were given a treat. A half-cup of warm chocolate with a choice of toppings to eat before visiting the huge shop. Before going back to the coach most visited the cafe.

There were numerous inter-active areas, circus skills, and an outdoor play area for the children.

A most enjoyable day out. Henry and Pam

## Outing to the Houses of Parliament and Westminster Abbey 19<sup>th</sup> March 2018

It was a very crisp morning with a biting wind when we gathered outside the Beehive. Our EXECUTIVE coach arrived early and was nice and warm inside. Everyone was on time and we were soon on our way to London. Traffic was very slow on the journey to Oxford, but after that we had a reasonable drive.



Arriving in London we were dropped off in Tothill Street on the opposite side of Parliament Square from the Houses of Parliament. We then made our way to the Houses of Parliament. We had to enter as one group, the queue was quite long and the wait was approximately 20 minutes outside in the cold. Once through an airport style security check, we made our way to the Jubilee café, for a hot drink and cake. Our guides and our local MP (Robert Courts) were waiting for us in Westminster Hall, from where our tour was to start.

Robert was quite surprised at the large group from his constituency. He welcomed us all with handshakes and a short speech. He told us about the Hall, and what we would see on our tour. He was very keen to have a group photograph with us. Our guides then separated us into two groups, and away we went. The guides were very thorough describing the history and functions of each part of the



building that we visited. These included, The House of Lords, the House of Commons, the Queens robing room, the Divisions Lobby (the NO's), and the original house of Commons where Parliament used to meet before King Charles II had the present chamber built and made available to the common herd. The present House of Commons is a rebuild as the chamber was destroyed by a bomb during World War II. What was complete news to many of us was that at the time of the Queen's Speech, a hostage is kept in Buckingham Palace until the Queen returns safely. This is usually the deputy chief whip of the governing party and is a throw-back to the times of the Gunpowder Plot. The history, statues, busts, paintings etc, cover the entire history of our nation from long before parliament was formed until the present day. A most interesting visit and well worth the time for anyone to visit at their

leisure.

After our visit, it was free time. We could either visit the shop, go visit Westminster Abbey, or have lunch.

Westminster Abbey was amazing. It appears very different to when we see it on TV for special events, as the red carpet, chairs, fancy bits and bobs are only brought out when needed.

The Abbey is steeped in more than a thousand years of history. Benedictine monks first came to the site in the middle of the tenth century, establishing a tradition of daily worship, which continues to this day.

The Abbey has been the coronation church since 1066. The first King crowned in the abbey was William the Conqueror on Christmas Day 1066. The Abbey is also the final resting place of seventeen monarchs. The present church, begun by Henry III in 1245, is one of the most important Gothic buildings in the country, with the medieval shrine of an Anglo-Saxon Saint (Edward the Confessor) still at its heart.

A treasure house of paintings, stained glass, pavements, textiles and other artefacts, Westminster Abbey is also the place where some of the most significant people in our nation's history are buried or commemorated. Taken as a whole the tombs and memorials comprise the most significant single collection of monumental sculpture anywhere in the United Kingdom.

We left for home at 4 p.m.

The journey was trouble free, reaching Carterton just after 6.30. I think all agreed, a very interesting day out, enjoyed by all. Henry and Pam

# Group News

## Bowls.

Roger reports:- An excellent win yesterday. Well done Bob, Ken and Roger, two games to go. Our only consolation is that we will end up in third place, the first two being uncatchable, and we will avoid the wooden spoon.



I have seen remarkable progress our playing members standards and believe that the extra weekly practice session has helped. This can only benefit the team in our next

campaign, which I look forward to.

Please note that the Outdoor Season will also run on a weekly basis. Thursday 10 00 until 12 00, again same rule, to be present at 09 45 to play. The U3A calendar will reflect this. I have also been asked by Carterton Bowls to say that if you are interested in playing for the club on a regular basis, there will soon be a recruitment drive, and I will personally sponsor anyone interested.

Many thanks for your time and commitment.

Roger.

## History.

Visit to Fairford Church.

Fairford Church is famous for their 28 Pre-Reformation mediaeval stained glass windows, which are the only surviving complete set in the country. During the English Civil War, Cromwell's troops smashed windows, statues and religious objects and used churches for stabling their horses and the mystery still is how these windows survived when no other churches did. Theories include whitewashing the windows, protection by influential people or a popular one was a local resident took them down and hid them. In fact the latter happened during the 2nd. World War when they were all hidden in stone vaults under a Fairford Park house.

17 members of the History group made their way to Fairford on January 15th to see these extraordinary windows which fill the church with colour when the sun shone through. There seemed to be more windows than walls! A church guide gave us a short history of the church including how wool merchant John Tame, built a new church, St. Mary the Virgin, on the site of a Saxon one. It was finished in 1497 with the glass windows placed soon afterwards. John Tame's plan was to make the windows a complete picture Bible to educate the people, with the windows divided into four parts with a story in each. We were taken around the church starting with scenes from the Old Testament and then in the Lady Chapel with two windows on the life of the Virgin and Jesus as a child, next the Chancel with the life and death of Christ in a magnificent East window. Going around the church the following windows were scenes from the New Testament ending with the Ascension, after which were pictures of all the Apostles, Saints and Prophets and the West window of the Last Judgement. High up near the roof are smaller windows depicting the death of martyrs on one side and traitors such as Judas and persecutors such as Herod on the other. After the tour we walked around and saw other interesting objects such as the 14 Misericords (tip up seats ) and the High Altar in the Chancel, the lovely carved altar reredos in the Lady Chapel, the choir stalls under a central Tower above which are bells. From the guide book, I read that once high in the Tower was a Rood (cross) and figures of Mary and St. John each side of it also a gallery for singers and musicians, used before a choir and organ were introduced, but all has long been demolished.

It is a unique church, which we all enjoyed. We finished our visit with refreshments in a little teashop across the road from the church.

Wendy Morgan.

## Science.

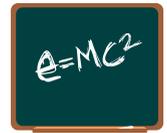
Science at Harwell.

I have registered us for the upcoming lectures on 13th April, 11th May and 15th June, with Ian, Me, George M, George B and Roger as drivers.

Places for 18 of us.

I always receive an email before the date of each lecture asking if there would be any spare places, as these lectures are very popular, so it is important that you let me know if you are unable to come at any time.

Christine.



## Gardening

Well, what a washout the February visit was, or wasn't actually. I was so sorry to cancel but everyone agrees it was the best decision including our host who was quite ok with our cancellation and looks forward to possibly seeing us later in the year. I offered remuneration but she did not need any so we do not owe anything.

I am sure like me you are all heartily fed up with this winter and our fingers itch to be out into the garden again. All being well the

March visit promises to be something special. We are going to MCL garden design centre Lime Close, 35 Henleys Lane Drayton OX14 4HU.

Our host is a garden designer who trained at Waterperry and has designed many exciting gardens. I am sure she will have lots of good ideas for us and hopefully we will soon be out there in the Spring sunshine (ever the optimist!)

Web site:- <http://mcigardendesign.com>  
Ann.



## Art/Craft and Stitch and Sew.

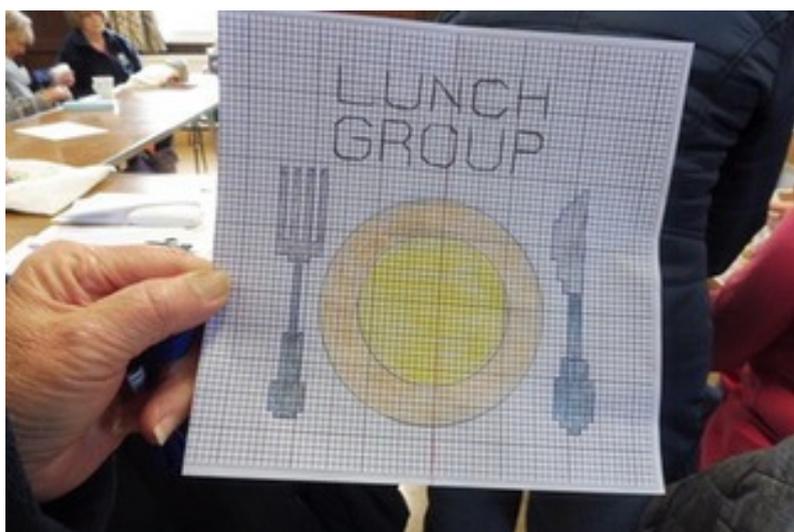
It is now 'full steam ahead' for these two groups who are involved in the making of the 10th Anniversary Banner for our U3A.

It is quite a challenge to represent all our groups visually, but that's the idea. An awful lot of planning, thinking about, purchasing and measuring had already gone into the project long before we reached the stage we are at now, which is putting ideas and sketches into practice.

Many members are involved, there is such a wealth of talent in our U3A community we are really lucky.

When completed - which will be in time for the actual date in October - it will be a work to be proud of.

As a project it has so many layers all of which involve great goodwill and not a little skill. The artistic representation of our many interest groups, has proven to be interesting. The people involved have, as the photographs show, proceeded with great good humour and laughter. True to the ethos of U3A we have been and are, learning from each other.



## Featured Group



*Physical exercise has been proven to improve many aspects of everyday life and the most successful forms are the ones that are fun, easy to do and that allow all types of people to participate. Dance classes and group exercise sessions with other people 'just like you' have proved to be the most successful and popular forms of physical exercise, and have achieved the highest levels of adherence. (Taken from the FitSteps® E-Learning Manual)*

I had never danced before I started learning Zumba and Fitsteps when I retired but I became hooked on dance and I really felt it benefited my health. As it was so much fun it really didn't seem like hard exercise. I have been a Fitsteps pupil since June 2014 and in December 2016 plucked up the courage to be assessed as an instructor. I was keen to start a group for the U3a and the Fitsteps admin team were interested in my plans to run a group purely for retirees. We started in January 2017 and there is now a regular core of about 20 ladies who come along every Thursday afternoon to Charleston, Waltz, Tango, Flamenco and Disco to name a few of the dances we have learnt so far!

Fitsteps was created by Strictly Come Dancing's Natalie Lowe and Ian Waite and is an exercise class based on moves from classic ballroom and Latin American dances. You don't need a partner and in addition to having fun some of the health benefits are:

- Improves heart function, reducing cardiovascular risk factors
- Improves lung strength and efficiency
- Helps reduce cholesterol build up
- Tones and shapes the body and improves flexibility
- Improves coordination, balance and posture, including core stability
- Increases bone density, helping prevent the onset of osteoporosis
- Reduces the likelihood of everyday injury and pains to lower back, knees and hips
- Helps to burn more body fat by increasing the body's metabolic rate
- Helps control and lower blood pressure
- Releases the body's endorphins - 'the happy chemical'
- Scientifically proven to enhance mental wellbeing and cognitive function

We celebrated summer with a 'Samba Carnival' and Christmas with a 'Glitter and Glamour Party'. These sessions were led by my Fitsteps teacher Jules Kennedy (who also fills in for me when I am away) and for these we are joined by some of her pupils which makes a group in excess of 30. Although we are close to our limit for numbers if you are interested in coming along to have a go do contact me on 776059. And remember!

**YOU DON'T STOP  
DANCING  
BECAUSE YOU GROW OLD**

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**YOU GROW OLD  
BECAUSE YOU STOP  
DANCING**

Wendy Atkinson



## Social Media Musings

PATIENT: Doctor, I need your help.  
I'm addicted to checking my Twitter!  
DOCTOR: I'm so sorry, I don't follow.

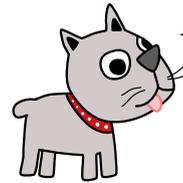


Is Google male or female?

A: Female, because it doesn't let you finish a sentence before making a suggestion.



When I was kid, my social network was called "outside".



A lot of people say that social media is making us all dumber, but I not think that.

"999 emergency services police department, how can I help?"

"A man has broken into my house, he has a gun and has my wife hostage."

"Sorry, sir, but we do not have any units available right now."

"Okay, but someone has just called me a nasty word on Twitter."

"Why didn't you say? We'll have an officer around within five minutes."



If you haven't got anything interesting to say... join Facebook and tell everyone on there.

