

SPIRE u3a



NEWS SHEET 22



Shadows of the Evening
Alan N Frost LRPS
July 2022

**MONDAY
AUGUST 8
MONTHLY MEETING**

**10am for 10.30
Harnham Memorial
Hall
Details p.11**

Chairman's Message

HELLO Everyone

What a good summer we are having. It may be a bit too hot some days but it is good to see how many photos there are, in this edition, of our members getting out and about, enjoying one another's company and looking cheerfully engaged.

As an organisation that encourages adult learning this is the time of year that we look forward to the new 'academic' year; a time to plan activities for the run-up to Christmas, set up some new interest groups and welcome new members. I would encourage all Interest Group Leaders to rethink and refresh now to keep the momentum going.

The Poetry and Recorder Groups have a re-launch in mind; the Theatregoers are already revived and u3a choir is accepting new voices. We have a new Creative Writing Group that you can join and other Groups are taking a break in August in order to take stock and get back together with renewed enthusiasm in the autumn.

There is also potential for a second lunch group or book club - speak to Mary Robson if you are interested.

Despite all her travels Pennie Hardisty has been active on our behalf, notably updating our information folder in Salisbury Library. Thank you, Pennie.

Spire will be co-operating with neighbouring u3as next month to raise the profile of our movement. We have arranged to have 54 square metres of marquee and some outdoor space in the Guildhall Square on **Saturday September 17** to show off what we do. Some of you have already come forward offering to put on displays or spend time there, on the day, talking to potential members. Thank you. I hope everyone who is able will drop in at some time between 8am and 2.30pm.

John Holt

EDITORIAL

AGAIN, with the increase in activity, we have some very special photographs for you. Thank you to Mary, Peter and Alan for being on hand with a shutter and lens when needed.

There are further opportunities to get out and about with u3a listed in this news sheet so do take advantage of what is on offer and submit any pics you take for the next edition. See you there!

Maureen E Frost

BREAD NOT WATER

THE July monthly meeting did not quite happen as planned as our advertised speaker was recovering from covid. We have though asked Frank to deliver his talk on Salisbury's rivers in the new year, or maybe if another speaker is taken ill, before then.

Several copies of 'Use Your Loaf' the recipe book by Ursel Norman, mentioned during the Bread talk, are offered for sale on the Abe books secondhand book website from £2-04 upwards.

<https://www.abebbooks.co.uk>



The podcast recommended, ***Can bread be healthy?*** from ZOE Science & Nutrition, covers all manner of questions on good and bad bread, sourdough and gluten intolerance.

Listen on Apple Podcasts:

<https://podcasts.apple.com/gb/podcast/zoe-science-nutrition/id1611216298?i=1000563985052>

OR watch on Youtube:

<https://joinzoe.com/learn/podcast-can-bread-be-healthy>

FROM THE GROUPS CO-ORDINATOR

To All Group Leaders

PLEASE see me, Mary Robson, at the August meeting, or soon after, to check that I have up to date details of your group - where you meet, day and time, who comes, how many on your waiting list etc.

Please also check the entry on the website. If the name of the Group or any other details have altered please inform me and the webmaster.

It is vital that this information is accurate for insurance purposes. We also need to have reliable particulars available for new members.

To All Spire members

Thank you to those of you who have already come forward and volunteered to contribute to the displays, talk to potential members and hand out information.

Please ensure that Stuart knows when you will be available to help in the marquee, (which will be set up in the Guildhall Square on Saturday September 17), by the time of the next planning meeting in mid-August.

Lastly, if you believe that a group listed on the website is defunct please let me know.

mfrobson@btinternet.com

Thank you,

Mary

u3a day

Raising awareness of u3a activities throughout Salisbury and online with those no longer in full-time employment or approaching retirement.

Guildhall Square - near the War Memorial

Saturday September 17

8am to 2.30pm

Names of volunteers for, say, an hour or two please to

stuart.robson6@btinternet.com

THE INTEREST GROUPS

u3a CHOIR

AFTER a break, u3a choir is re-forming.

Open to all U3Aers in the area, the choir will be back in action. Leader David Davies says: "We will meet from Monday September 12 at 2pm in the Wilton Community Centre. The best thing for anyone interested, or wanting to know more would be for them to ring me on 01722 714440.

"Thanks very much for your help."

David

davidracheld@gmail.com

I've heard people say that you don't need coffee to wake you up. You also don't need a parachute to skydive but it helps.



OCCASIONAL BOOK CLUB

OBC activities made the news in August, if you missed the press story there is a rumour that it will soon re-appear in the *Harnham Parish News*.

For the summer season Spire u3a Book Club members will be reading titles of their choice on an African theme. Librarian Philip Tomes displayed a fascinating selection of books for us, from all genres, for members to choose from - all with a link to the African continent - so there will be plenty to talk about at the next book club meeting in September.

(L-R Ayesha, Philip and Pennie in the Portico Gallery at Salisbury Library.)

Problems are like washing machines. They twist, they spin and knock us around. But in the end we come out cleaner, brighter and better than before.

LUNCH BUNCH

BREAD, Butter & Brown Sugar sandwich - is but a nostalgic childhood memory; luckily the menu at *The Wooden Spoon* in Downton was rather more sophisticated; very nice in fact. We opted to dine in the pretty garden but missed Judy who was unable to join us at the last minute.

Choosing strawberries and cream for dessert was definitely a good move by some.

The August trip was to Ibsley by bus on Friday 5th.

Email Judy to join the waiting list for this group

judyfiveoaks@outlook.com

CREATIVE WRITING

THIS is an exciting new Interest Group: to be part of it contact Rosemary

Phone: 01722 500289,

Email: rosemary.duffy7@ntlworld.com

GEOLOGY for BEGINNERS

THE Geology Group had a field trip - to Ham Hill in Somerset - planned for Tuesday July 19th. However, the excessively hot weather beat us that day - the intention now is to attempt the visit again for our August meeting. So on **Tuesday 16th August**, weather permitting, we will set forth to sample the delights of the glorious Somerset countryside, and, in particular, have a detailed look at the source of Ham Stone. (For a preview have a closer look at both Barclays and Lloyds Bank buildings here in Salisbury.) The stone circle shown in the picture - sorry to disappoint - is *not* prehistoric but is definitely made of Ham Stone and was erected to celebrate the millennium!

Stuart

stuart.robson6@btinternet.com



RECORDERS

CALLING all recorder players - please note (pun intended!) that it's my intention to have a go at re-launching this group, but on a different day and time than hitherto. Currently I'm suggesting monthly meetings on either the 3rd or 4th Mondays, 10.00 to 12 noon and to commence in September. I will e-mail former members later this month to "test the water" but new players also welcome - just let me have your contact details and I'll add you to my circulation list.

Stuart

stuart.robson6@btinternet.com

COFFEE COMPANIONS

FOR July we picked a lovely warm morning for our historic venue -The Belltower Cafe in The Close. Two charming young members of staff made us welcome despite us arriving a little before they were ready to open. Scones, flapjack and thick chunks of rocky road were on offer alongside the coffee. Sitting outside, under the shade of a capacious umbrella, we caught up with one another's news and enjoyed seeing the cathedral from a different angle, although the antics of the steeplejacks were enough to give anyone vertigo. It was particularly good to see some new faces joining in.

Our chosen venue for the August get-together is no longer available so we have arranged to go to the **Cathedral Refectory** instead. If the day is warm enough we shall be able to sit in the cloister and watch the people of the world go by as we enjoy each other's company. Afterwards, you might like to visit the Mulberry Garden, accessed from the cloisters, or see the famous Grayson Perry tapestries* displayed inside. Access to the building is free for anyone carrying evidence that they live in Laverstock, SP1 or SP2.

If we don't have your name already for **Tuesday August 9th 10.30am** please let Enid know as it helps the staff if we can give them an idea of numbers.

brianenid@outlook.com

* Perry's *The Vanity of Small Differences* comprises six large, woven pictures, offering us much to be amused by and ponder on. Reflecting Hogarth's Rakes Progress series Perry depicts Tim Rakewell's emergence from working class to upper class life in our own times. Each tapestry is clearly influenced by well-known paintings by van Eyck, Bellini, Gainsborough etc.

**The more you weigh, the harder you are to kidnap.
Stay safe: eat cake.**

GARDEN GANG PHOTOS



MARIA Lafemina (Left) led a fascinating walk around the contrasting wild flower plantings in Wilton, in June.



The White Horse of Wilton (L) a mini chalk downland in bloom (R & below)



JULY'S visit to the magnificent gardens of the Manor House at Stratford Tony was a real treat for garden lovers. We sat, we wandered, we enjoyed, we marvelled, we took both tea and photographs



The August Garden visit is to
Arundells - see below P9.

And then *Terstan*, near
Stockbridge on **Sunday**
18th September 2-5pm
<https://www.greatbritishlife.co.uk/homes-and-gardens/places-to-live/enjoying-a-visit-to-terstan-garden-in-longstock-7183680>

ONWARD

Peter Read writes: "What a brilliant session we had in July. It was so enjoyable with two members right next to me dropping 'bon mots' at timely intervals. Our topics ranged across the JLT v Hubble, CO2 worldwide, plants growing in total darkness, how alcohol is good for you [a lot of approval for that link], Ceria and many more items associated with CO2."

<https://youtu.be/nkgGwXBE8bQ>

Onward, like the Friday morning Photography sessions is a hybrid session. You can be in the same room as Peter or participate via zoom.

To join a Zoom meeting:

You don't need a Zoom account if you're joining a meeting as a participant – you only need one if you want to create your own meetings. If you've not yet downloaded a Zoom app for your computer or mobile device, you'll be prompted to do so when you click the link provided, so leave a little extra time to do this if you've not used Zoom before.

GARDEN VISIT & PICNIC

Monday 22 August - 12 noon

ARUNDELLS - on The West Walk, next door to *The Rifles Museum*

All Spire folk are invited.

The peaceful garden, with lawns, mature trees and borders, was redesigned in 1985 to the owner's wishes and has remained unchanged over the intervening years. Two particular features are the spectacular views of the spire of the cathedral, and the tranquil frontage to the confluence of the Rivers Avon and Nadder.

£3-50 admission

★ Please let John Holt know if you are planning to come and especially if you need to borrow a picnic chair.

holtjohn813@gmail.com

ARTS & CRAFTS

BUNTING, banners - in blues and yellows, the u3a colours - and all manner of craft items made by this group will bring a splash of colour to u3a Day displays when Spire u3a joins S&D in the Guildhall Square to promote the movement generally.

The July meeting was a hive of activity - well not exactly, I tell a lie, we did not produce much - but, over a cup of tea in the garden, we did share what we had all been working on at home and agreed a strategy for the future: to learn some origami and enter a Spire u3a Christmas tree in the festival at Sarum St Thomas this year.

★ The group will meet next in September.

**Rivers never go into reverse. So try to live like a river.
Forget your past and focus on the future. Always be positive.**

Late news: Theatre Group - *When Darkness Falls* 2.15pm on Thursday 29th September and *Spike* 2.15pm on Thursday 6th October. Book with Mary Robson.

LEARN, LAUGH, LIVE

Learning Events

The Art of the Goldsmith

Join us to explore Dunstan Pruden's work as a gold and silversmith, his legacy and its continuation today, as told by his grandson Anton Pruden.

Tuesday 16 August at 10am

<https://www.eventbrite.co.uk/e/the-art-of-the-goldsmith-dunstan-pruden-and-his-legacy-tickets-371231973827>

The Artemis Programme

Explore the return of astronauts to the moon for the first time in 50 years, with Sian Cleaver.

Fri, August 19, 2022

2:00 PM – 3:00 PM BST

<https://www.eventbrite.co.uk/e/going-back-to-the-moon-nasas-artemis-programme-tickets-386963577477>

- Join other free workshops on **World Faiths, Cryptic Crosswords, Yiddish Theatre and Maths Games** here

<https://www.u3a.org.uk/events/educational-events>

U3A Chess Network

The u3a Chess Network is an initiative created by chess subject advisors David Castle and Rob Kruszynski. The aim is to encourage u3a chess players, to play chess online at the local, regional and national level. Thus all chess abilities are catered for and we especially welcome members who have just started playing chess.

When you join the Chess Network you will receive occasional newsletters, invitations to Zoom meetings and the opportunity to contact other u3a Chess Network members who would like to play online.

To join the Chess Network see <https://u3achessnetwork.org.uk/index.php/chess-online/>
And please let us know how you get on.

**As we grow older, real beauty travels from the face to the heart, appeal
turns to charm, hurt to wisdom, and great moments to shared
memories.**

**The true beauty of life is not how happy you are now, but how happy
others are because of you.**

SOMETHING TO DO



Open Afternoon

ON the Water Meadows **Saturday 6 August 2.00 – 5.00 pm**

Guided walks, Sheep demonstrations, Refreshments at Rose Cottage at the end of the Town Path.

CITIZEN SCIENCE

Are you passionate about the River Ebbles?

- Become part of a team of Wardens to look after this beautiful chalk stream.



Cranborne Chase
Area of Outstanding
Natural Beauty

“As part of our ‘Crystal Clear Ebbles’ project we are looking for volunteers to become River Wardens to act as stewards of the river, encouraging continued commitment from local landowners and our local communities to the quality of the river.”

- Roland Hughes, Chase & Chalke LPS Ranger

Rolandhughes@cranbornechase.org.uk T: 01725 517417 M: 07880 488260

DATES

Monthly Meeting - Harnham Memorial Hall - **August 8**, doors open at 10am

Colin Seago - Riding the End to End.

Tipple Time - **Friday 16 September 6pm** - No meeting in August