



NEWSLETTER



Westonbirt
Photograph courtesy of
Dave Garmont

October 2017

MONTHLY MEETINGS

The Monthly Meetings are held at the Ellendune Centre,
Wroughton beginning at 2.15pm unless otherwise advised.

Monday 9th October 2017

Annual General Meeting plus
a talk about "**The Beanstalk Literacy Charity**"
Speaker : Amelia Shaw

Beanstalk is a national literacy charity, new to Swindon. Beanstalk recruits, trains and supports volunteers to provide one-to-one literacy support to children who have fallen behind with their reading. Last year 200,000 children left primary school unable to read to the required level. Beanstalk is doing something about this. Some local primary schools are waiting for reading helper volunteers to support their children. Spreading the word about Beanstalk is now crucial to its success in the Swindon area. It has evidence to show that Beanstalk trained reading helpers turn the children they support into confident, passionate and able readers and it is rewarding and fun for both children and volunteers alike.

Monday 13th November 2017

Safety for Seniors
Speaker : Ashley Jones

This presentation is aimed at older adult audiences and explores the extent of the ageing population and some of the safety challenges faced by elders in society today. With a strong focus on empowerment through education, the presentation explores the dangers of doorstep crime and telephone, mail and internet (e-mail) deception-type scams. Ashley will offer tips and advice on staying safe - as well as signposting seniors to some other useful resources.

Monday, 11 December 2017
Christmas Entertainment with
the U3UKES and U3A Guitar Groups

U3ukes is based at Eastcott Community Centre, Swindon. We meet fortnightly from 10am until 12 noon and we play and sing songs that take our fancy, pop, standards, folk or country. We try to extend our abilities with the ukulele by including a mini workshop during each session; this is kept brief and usually entails a bit of home practice. We have a solo spot for anyone who wishes to perform their skills to the group. We also have a performing group who are prepared to give time to playing and singing at various venues around Swindon.

U3A Guitar is also based at Eastcott Community Centre and meets fortnightly from 2pm until 5pm. The first hour is dedicated to beginners who work their way through basics such as musical notation, note location on the guitar, strumming and playing simple tunes by sight reading the music. The second part of the meeting 3pm until 5pm is based on extending guitar knowledge in small groups, exploring different methods of playing guitar, working and developing a song within that group learning different parts of the tune. Finally, playing songs from a group songbook, is a mixed ability group, who share their acquired knowledge of guitar.



From the Treasurer

Can you please note that old £1 coins will no longer be accepted by the Swindon U3A as they are going out of circulation on the 16th October. After this date you will need to exchange them at a bank.

John Edgerton

Report on September Meeting

The Story of Roses and Castles - Traditional Canal Painting

speaker Robert Wright

In the first talk of the season, Robert Wright of Wright Craft, a journeyman of the Waterways Craft Guild gave us a fascinating talk on the social, cultural and economic history of the craft of canal painting. This skill, unique to the British canal system is similar to but quite distinct from folk painting. The canals began with the Bridgwater canal in 1761 but the network became national by 1835 for the cheap mass transport of raw materials and finished goods, especially those that were fragile. Initially owner/drivers who had small cabins operated the boats. Comparatively well off, their families lived in houses and bought "luxury" imported china from Germany decorated with floral and landscape motifs. As the rail network expanded in the 19th century and goods moved to rail, the canals declined causing a massive drop in family income.

The families were forced to live in the 10ft cabins on the boats. The cabins became more decorative as they became homes and the floral and landscape motifs of the china became stylised into the "Roses and Castles" traditional canal painting we see today.

The colours are typically red, white and yellow roses and more complex painting of castles with mountain landscape. With the aid of a simple schematic and video, Robert demonstrated exactly how a standard rose is painted with a few brush strokes in four minutes. This formulaic approach meant that a whole boat could be decorated in a day by a sign writer.

The 1960s saw the end of canal transport but leisure trips, starting in the 1940s, were already popular and The Inland Waterways Association was formed in 1947. The Association with the aid of prominent artists and Heal's in London presented an exhibition of canal artefacts which proved so popular it went on tour. The market for decorative items was secure.

Robert gave an excellent and very enjoyable talk and his experience as a college lecturer was clear. The talk was attended by some one hundred people.

You can see Robert's work on his website www.wrightcraft.com or contact him at 01225 793267 or email him at robert.wright8@homecall.co.uk.

Helen Harris



Fresher's Fair

On Saturday, 2nd September St Joseph's Catholic College once again hosted our Freshers' Fair event for which we are extremely grateful. Thanks especially to Charlie Peace and the College for being so helpful and accommodating. All the tables and chairs were set up for us beforehand which relieved us of a huge job. A willing band of helpers set up the table labels and all the other signage so that everyone could find their way around. My thanks go to these people some of whom I had arranged and others just helped on the day.

By start time, there was a general buzz in the Street and Hall with so many of our groups displaying what they do and what they can offer. I must take this opportunity to recognise the time and effort given by everyone who was involved in running a table. Without you there would be no Freshers' Fair. A big thank you.

During the morning over 700 people passed through the doors, visiting tables and chatting to long lost friends. The demand to join groups was huge this year but group organisers and Gill and her team of group co-ordinators are working hard to ensure that everyone is able to get into the groups they wish to join.

One area that needs improving is the subscription payment. I can only apologise if you had to queue up for a long time. This will be addressed for future events. Thank you for your patience and a huge thank you to John Edgerton and Viv Dipper assisted by Sylvia Alexander for dealing with it all.

There are a lot of people who helped on the day who need our thanks. People without whom the Fair would struggle. Receptionists – Joan Stace, Sue Martin, Doreen Swannell, Jean Metcalfe and June Lewis and I believe Judith Cranswick all helped to give visitors a cheery welcome and our refreshment team lead by Muriel Aplin without whom we would not survive.

Our meet and greeters — Avril Muirhead, Martin Preston and Tony Jarvis, helped to give visitors some direction so they are not so bemused by the size and complexity that is Freshers' Fair and Tony Bettley who set up the power cables. I am sure there are lots of other people that I should thank so if you helped in any way and I have omitted to say thank you to you, please accept my apologies but do realise that every bit of help whether small or large is really appreciated. Thank you.

This will be the last Freshers' Fair that I organise. This year I was assisted by Avril and Martin and they will be taking over for next year. I have enjoyed doing them for the last few years with the help of so many people but enough is enough.

Glenys Bettley

Swindon U3A Dance Orchestra

"The song has ended but the melody lingers on."

It is with sadness that I must tell you one of the longest running activities organised by a Swindon U3A group is no longer viable. For almost a quarter of a century the Dance Orchestra has been promoting monthly afternoon tea dances, firstly at Ellendune and latterly at Gorse Hill. At the height of our popularity attendances were of the order of eighty but at our last dance there were more band members than dancers, clearly an unsatisfactory situation.

The main reason for the decline in attendance is not too difficult to find - it is age related. We have been asking everyone to dance in "The Old Fashioned Way" in which we tried to rekindle some of the atmosphere of the late 1940's and 1950's when the popular music for dancing was played by big bands. Many who attended our dances had spent their formative years in dance halls and some formed lasting relationships from a first meeting on the dance floor. There are no original members of the dance orchestra still playing with us and it is the same for our dancers. I occasionally meet some of those who supported our dances over the years and are still around; I usually get an apology from them for not attending our dances now but the state of their health means that taking to the dance floor for them is a thing of the past.

We had three objectives for the tea dance; firstly, to give the group a purpose, secondly, to promote a social function mainly for OAPs at a reasonable cost and thirdly, since 2003, to raise money for local charities. With respect to item three, over the years, we have donated a gross sum in the order of £6,000 shared between various local charities.

Recently much publicity has been given to the problems of loneliness for many elderly people and we have played concerts at Penhill and Toothill organised by local residents. We have been aided by volunteers who helped with mobility and catering for events that enabled them to socialise. More of these concerts are planned for the autumn and we would be interested to hear from any other group that would be able to join in with such ventures.

Over the years we have played for many other functions and hope to continue with public performances. In a world dominated with "canned music" the dance orchestra is determined in its efforts to **keep music alive**.

George Connell



Pétanque in Swindon U3A

It does not seem like twenty years ago when I was at the Freshers' Fair looking for new members to create a pétanque group at Broome Manor. There was much interest and after a few weeks of play and coaching a new group was set up to play on Thursdays and group organisers were nominated. As time went on, 'Pétanque at Broome Manor' expanded to more groups on other days.

However, the original Swindon U3A pétanque group was formed at St. Michaels Hall in Highworth on a terrain constructed by Highworth Lions Club. They hoped to attract competition from Highworth's twin town of Pontorson in France but it turned out that not many visitors from Pontorson played pétanque. Swindon U3A made use of the facilities on Fridays but soon needed to expand to Thursdays to cope with the numbers wishing to play. Over the years, the terrain has been enlarged by the U3A and can now accommodate 24 players at a time. Because of the increasing numbers wishing to play, pétanque was then started at Broome Manor and now there are groups playing there on four days a week.

In a strip designed by the late Jack Maddison, Highworth Pétanque has over the years, played in leagues, tournaments and friendlies against other U3A's with varying degrees of success. Sometimes, we have won trophies and even prize money. We have played at most Warner's Hotels and competed as far away as Falmouth.

But what of the future? Other terrains have been looked at for future expansion, including Haydon Wick Bowls Club and at Lydiard Park, but without success. Perhaps the next generation of Swindon U3A members will follow our lead and expand the popularity of pétanque ever wider. Sadly, we no longer have any of our founder members with us but we do have several nonagenarians still playing regularly. It was only recently that our centenarian sadly passed away but only after playing past her century. She was a remarkable player right to the end.

Gordon Younghusband



Cultural and Social History Group

For their last meeting of the Summer Session, the Cultural and Social History Group were joined by Chairman John Williams, Media and Publicity representative, Martin Preston and guests from other groups to listen to their guest speaker.

Mr Atiff Ghafar of the Al Habib Mosque had been invited to visit the group following the Mosque's involvement in the nationwide Peace Bus campaign and gave an illustrated talk on the History of Islam. His talk clearly established the links between the Islamic Religion and early Christianity and began by establishing the Prophet Mohammed's descent from Abraham. We were given an outline of his early life and a picture of the culture of Mecca prior to his birth. It became clear throughout his talk that there were many parallels between the early Christians in the Middle East and the life of Mohammed including Angels visiting Mohammed and his early life as a shepherd. Mr Ghafar outlined how, following a revelation to Mohammed, the faith begins to spread through an idolatrous people and how Mohammed's life was frequently threatened and the number of times he had to flee persecution.

The talk ended with a quick explanation of the difference between Sunni and Shia Muslims. Islam is a religion of peace as emphasised by the Peace Bus Campaign launched by the Islamic Community in Great Britain following the recent terrorist attacks. The bus promotes the Community of Islam as one which wants peace and reaches out to everyone in a spirit of co-existence. Certainly Mr Ghafar's visit illustrated that there is more that unites us than divides us. Mr Ghafar patiently answered about fifteen minutes of close questioning before joining members of the group for more informal chat and a welcome cup of tea.

The Cultural and Social History Group meets on the first and third Monday of every month at Toothill Church, West Swindon. Our theme for the coming year is 'Discovery and Change'.

Enquiries to [John Edgerton](#) (please click on his name)



GROUP NEWS

A Message from your Groups Coordinator

I am writing to all of you who may have signed up for a potential new group whilst attending Freshers' Fair. Some of these include British History, Art Appreciation, Quizzing and others.

I am currently "wading" through a paperwork mountain of lists and names in order to identify where we have the most potential for establishing new groups.

If you do not hear from me within the next few weeks it is because I am taking holidays as well as trying to move things forward with these lists. Please be patient and someone will be in touch.

If you gave me your name for an existing group which was not represented at the Freshers' Fair, I will be passing your details to the Group Organiser over the next few days and asking them to contact you directly.

Finally, if anyone is interested in supporting the Groups Sub-Committee in its work, please contact me as assistance would be greatly appreciated.

[Gill McKinnon](#) (please use this link)

Aviation Group

On 1st September at Gorse Hill Community Centre the organisers of the Aviation Group changed when the organiser Alan Smith handed over the reins to his deputy Graham Price. Graham is pictured presenting Alan with an appropriate gift of thanks for his four years of service. At the same meeting Ken Ivie was elected as Graham's deputy.



Dinner Party Group

I have had eight people contact me who are interested in joining the Dinner Party Group. If anyone else is interested please contact me as soon as possible.

[Shelagh Gough](#) (please use this link)

Merribells BBQ

How lucky we were, after the rain and wind of the past few weeks, that the sun came out and we were able to enjoy ringing outside. There were a few problems with the wind blowing the music all over the place but we managed. Glenys nearly lost her voice "counting" and a few bar calls by Sheila "tested" the Ringers concentration!! In all the BBQ was enjoyed by eighteen members of the 'A' and 'B' groups in the lovely garden of our hosts Francis and Julia Hobbs.

We now look forward to the new season in September and the celebration events of the 50th Anniversary of the HRGB in October

Sheila Walker



Friday Walking Group

The Friday Walking group invites you to join them for their Autumn Walk on Friday 13th October. The walk is from Wareham to the National Trust Car park at Corfe Castle. This is approximately six miles along the Purbeck Way. There is a special event at the Swanage Steam Railway and if anyone would like to join us and spend the day there we can deviate and drop you there.

Pick up time will be 8.30am (prompt) at the bus stop opposite Evelyn Street Bridge in Marlborough Road. We should be back in Swindon by approximately 5pm.

Cost will depend on numbers coming but we ask for a deposit of £10. Any cheques are to be made payable to Swindon U3A.

For more information or if you wish to join us, contact by clicking on this link [Tony Bettley](#)

French Conversation (Wednesday Group)

Bonjour! We are a small, friendly group who meet weekly on Wednesdays from 2pm until 4pm to talk French over a cup of tea and a biscuit. Although the main purpose is conversation in French (sometimes Français when words fail us!) we also try various techniques to improve our accents (e.g. reading aloud a topical French article), chatting in French, translation and a bit of grammar. Although the focus is not on the latter it becomes necessary when we try to speak in various tenses and get in a muddle. Our approach is flexible, informal and open to experimenting with a variety of approaches. If it will help our French, we will try it. We have some "homework" each week to help consolidate new vocabulary and to keep the language active in our brains over the ensuing six days.

Some of us are better at French than others but it does not matter as long as we are learning, helping each other and enjoying the process. If you would like to join us you would be most welcome. There is no cost as we meet in each other's homes.

À bientôt.

[Gill Brain \(Group Organiser\)](#) **Click on the link to make contact**

Flower Arranging Group

We aim to enhance our skills using different approaches and looking at modern flower arranging techniques. The session always starts with a practical demonstration from our group organiser Margaret New. Then she is on hand to offer tips, advice and encouragement as the morning's arrangements progress.

This new term has a full and varied programme which includes pew ends, arrangements using five flowers, autumn and Christmas ideas and we will learn leaf manipulation. Themes through spring and into early summer take the group up to the 2018 summer break.

Jackie Pile

Memory—Use it or Lose it

Living Longer, Living Well

This year's course is fully booked but feel free to enquire about courses for next year. If you are interested please contact [Nicola Nowak](#) for more information.

Pilates on Fridays

Pilates meets every Friday at the Western Community Centre, Somerset Road, Swindon, SN2 1NF from 9.45am until 10.45am, starting on 22nd September. Our aim is to improve relaxation techniques and gain co-ordination, improve posture and efficiency of breathing, improve overall muscle strength and flexibility.

The professional tutor is Lisa Carpenter.

You would need your own yoga/Pilates mat and comfortable clothes that allow you to stretch.

The cost is £18 payable in advance per six week cycle.

[Jane Caudwell, Organiser](#) (Click on her name to make an enquiry)

This group was not featured in the Year Book

PROPOSED NEW GROUP

Understanding the Financial Implications of Current Affairs

I am interested in forming a new group with the aim of developing a better understanding about the financial implications of current affairs. We select and discuss topics that are of interest with each member taking away a topic for further research. Then we share our findings in the next meeting. I would propose that the group meets once a month initially for about 60 to 90 minutes with the time slot to be agreed by all interested members. The number of members will dictate whether we can use a "funded" venue or not. Again, the venue can be agreed by the members. Each meeting will consist of two parts, sharing information and discussion of topics agreed from the previous meeting, then selection of topics for the next meeting. No financial training or knowledge is needed and we will not get too technical either. All you need is an interest in learning together by participation in research and discussion.

Examples of possible subjects for discussion:

- 1 Is London truly subsidising the rest of the country?
- 2 What is wrong with the housing market?
- 3 Who will benefit from the zero tuition fee?
- 4 What is the asset release program?
- 5 Trade balance between UK and the other 27 EU countries?
- 6 Can we truly have a cashless society?
- 7 What is the cap on social care?

If you are interested or want to know more, please contact [Tina Reed](#) by clicking her name.

VISITS AND OUTINGS

Good Music in Birmingham

Anyone remember the BBC's "The Old Grey Whistle Test" with 'Whispering' Bob Harris?

Everyone likes a good tune and the Czech composer Antonin Dvorak was a real master of tuneful composing.

The U3A Concert-Goers' Group travelled to Birmingham's Symphony Hall on 24 May and enjoyed a programme featuring Mozart Symphony No 31, Dvorak's popular Cello Concerto and Schumann's Symphony No1 "Spring". The Hall has superb acoustics and after the likeable Mozart Symphony we relished the solo cello of Daniel Mueller-Schott singing out with fine tone. He played with technical brilliance and great energy, almost attacking some passages and one member commented that she had heard more sensitive readings of the slow lyrical passages for the solo instrument. Overall though a fine performance.

Everyone enjoyed the Schumann Spring Symphony with its colouration and use of all the wind instruments.

We had a flawless coach trip, and our hearty thanks go to Nina Stimson, assisted by Berwyn Jones, for organising this.

Robin Clegg

Military History Visit to The Tank Museum, Bovington

On a very wet Thursday morning 34 members and friends of the Military History Group set off on the long winding road to visit the Tank Museum at Bovington in Dorset. The rain, which continued for the entire journey and in fact did not let up throughout the day, did not dampen our spirits and we arrived at Bovington mid morning.

First port of call was the cafe for a cup of tea/coffee before we split up to explore the huge collection of armoured vehicles on display. With only one or two vehicles on display outside, almost the entire collection is exhibited under cover. The collection tells the story of the development of the tank from its first appearance during WW1 right up to the very modern all terrain vehicles used by the army in Afghanistan.

The very first tank named by the troops as 'Little Willie' seemed to be more dangerous to the crew rather than the enemy. A large number of allied tanks from WW2 are in the collection including a Russian T34.

As you negotiate the museum you come across a comprehensive collection of WW2 German army tanks and in evidence is the famous 'Tiger Tank' which brought fear and dread to both allied infantryman and tank commanders. Also on show is the Sherman tank used in the recent film 'Fury' starring Brad Pitt.

Most of the group had lunch or a light snack in the very comfortable and reasonably priced cafe. After lunch some people took advantage of the free guided tours provided by the museum.

After a very enjoyable but tiring day we departed the museum at 4pm arriving in Swindon around 6.40pm.

Ken Ivie

Travel Study Groups C and G
visit to
Blenheim Palace, Parkland and Gardens
Tuesday 10th October 2017

The Palace has 300 years of history to discover, with its stunning architecture characterised by ornate ceilings and striking stonework and a collection of portraits and tapestries. Also visit the Parkland landscaped by Lancelot "Capability" Brown and the stunning formal gardens including the Water Terraces, Rose Garden, Secret Garden, Churchill Memorial Garden and The Duke's Italian Garden. The Pleasure Gardens are a short miniature train ride away (cost 50p) with Butterfly House, Lavender Garden, Marlborough Hedge Maze and the "Blenheim Bygones" Exhibition.

Departure times and pick-up points:-

9.15am Ashington Way, West Swindon
9.30am Ellendune Centre, Wroughton
9.50am Matalan, Greenbridge.

Free time at Blenheim to explore all the various and interesting attractions. 4.30pm (approximately) depart for Swindon

Cost £24pp includes: coach, entry and driver's gratuity.
All members welcome

To make an enquiry please click on the name [Mary Morgan](#)

Refunds are not made after 48 hours prior to trip.

**Travel Group J
visit to
Arundells
Thursday 19th October 2017**

The former home of Sir Edward Heath which is situated in The Cathedral Close, Salisbury.

Departure times and pick-up points:

8.45am Ellendune Health Centre, Wroughton

9.05am Pipers Way

9.15am Coate

Tour of the house and free time to visit other attractions in The Close or the City of Salisbury.

Cost £22pp includes: coach, entrance fee and driver's gratuity.

Depart Salisbury 4.30pm

Contact [Bob Habgood](#) by clicking on his name

**Travel Group B and D
trip to
Tyntesfield House and Oakham Treasures
Tuesday 21st November 2017**

Departures times and pick up points:

Highworth time to be arranged.

8.20am Chapel Street

8.30am Bus Station

8.40am Downsview Road

9.00am Ashington Way

Arrive Tyntesfield 10.30am to visit the House

Leave Tyntesfield 1.15pm

Arrive Oakham Treasures 1.30pm

Leave Oakham 4.30pm

Cost £19.50 for National Trust Members

Non NT members £19.50 plus entrance to house.

Contact [Sue Williams](#) (Click her name)

Theatregoers
Matinee performance of
"How the Other Half Loves"
Saturday 11th November 2017

As per a previous email to members, I have booked tickets for "How the Other Half Loves" by Alan Ayckbourn but have changed the VENUE and DATE to the Everyman Theatre, Cheltenham for the matinee performance starting at 2.00pm on Saturday 11th November.

I apologise to those looking forward to an evening event, but my email did not provoke enough of a positive response to make the visit viable.

We will be travelling by Barnes Coaches and pick-ups will be as follows:

10.15am Asda Orbital
10.30am Ashington Way
10.45am Bus Station

Both Ashington Way and Asda Orbital car park notice states that they are for customers only but give no time limit. So as long as you purchase something in the shopping centre that should fulfil the criteria.

We expect to arrive in Cheltenham by 11.45am. Enough time to have a drink and lunch before the performance starts.

Price of ticket and travel will be **£35.00**.

I would ask that you send cheques made payable to Swindon U3A to Cherry Warr, 29 Ironstone Close, Swindon SN25 2EQ together with your name and address and U3A number. Or pay by BACs. Payment must be made immediately.

Friends and partners are welcome. Please use this link to contact [Cherry Warr](#)

Travel Group J

visit to

Bletchley Park

Thursday 30th November 2017

Bletchley Park was the central site for British code breakers during WW2. It housed the government code and cipher school which regularly broke the codes of the Axis Powers. It has been said that the intelligence produced at Bletchley Park shortened the war by two years. There are catering facilities on site where hot meals or light snacks can be purchased.

Departure times and pick-up points:

8.30am Ellendune Centre Wroughton
8.40am Marriott Roundabout, Pipers Way
8.45am Coate Water
4.00pm Depart for Swindon

Cost £28 per person which includes coach, gratuities and entry to museum.

All members and friends welcome. Please click on this link to make an enquiry.

[Ken Ivie](#)

Swindon Film Society

for the best in World Cinema

Autumn/Winter 2017 Programme at The Arts Centre

4 October	Clash (Egypt)
18 October	The Ghost and Mrs Muir (USA)
1 November	The Black Hen (Nepal)
22 November	Neruda (Chile)
6 December	The Young Offenders (Ireland)

Films start at 7.45 pm

Admission: SFS members £7.00/£6.00, Guests £9.00

For full details visit our website: www.swindonfilm.org.uk

Cut off dates

The cut off date for the November What's On is the 13th October and the cut off dates for the December Newsletter and the December What's On is 3rd November 2017.

I would like to thank all of you who have contributed items for the Newsletter. They are very welcome and much appreciated **but** I would like to encourage others to submit articles as well. Items on visits, outings, happenings in groups, walking adventures, book reviews from the reading groups and how the language groups get on when on holiday overseas using their new found skills are all welcome. Have a favourite recipe or poem, these would be appreciated too. Help your fellow members keep up to date and entertained by contributing to your magazine.

Contributions should be sent to newsletter@swindonu3a.org.uk

Editor

November Night

Adelaid Crapsey

**Listen . .
With faint dry sound,
Like steps of passing ghosts,
The leaves, frost crisp'd, break from the trees
And fall.**

Adelaid Crapsey was an American poet who invented a verse form called "cinquain" consisting of two, four, six, eight and two syllables or accents as can be seen in this example. She was a great admirer of Japanese verse forms. Sadly she only lived a short life from 1878 to 1914 and was not well published in her lifetime.

Ratatouille Recipe – Ideal for using those autumn vegetables

Ingredients

- 2 Tablespoons of olive oil
- 2 Large onions
- 2 Cloves garlic
- 1 Large courgette
- 2 Peppers (red or yellow)
- 1 Aubergine
- 4 Largish ripe tomatoes
- 500gm Carton of Passata
- Salt & Pepper
- 1 Dessert spoon mixed dried herbs
- 2 Teaspoons Sugar



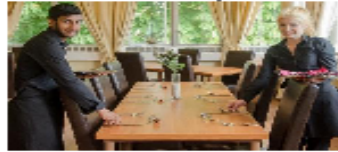
Method

Peel and coarsely chop the onions and crush the garlic. Put the oil in a large saucepan and heat over a medium heat. Add the onions and garlic to the oil and stir. Let them cook for a few minutes while you chop the courgettes into pieces about 1cm cubed. Add these and stir. Repeat for the peppers and aubergine. De-core the tomatoes and chop and add. Allow to cook down for 5 mins before adding the passata. Stir well and add the herbs, seasoning and sugar (reduces acidity of the tomatoes).

Turn down the heat to very low and cook with a lid on for a minimum of 1 hour stirring from time to time. If there is too much liquid cook more rapidly with the lid off for a few minutes at the end.

This will serve 6 as a vegetable accompaniment to meat or fish but is delicious on its own with some crusty bread.

Bob Carvey



The Restaurant



Swindon College Training Restaurant

Lunch

Tuesday – Friday seating 12 – 12.30pm

Dinner

Thursday seating 6.30 – 7pm

3 courses £12.50 – 2 courses £10.50

Themed Events and 7 course Gourmet Dinners

The training restaurant is open for bookings during term time and offers fantastic value for money. Superb, freshly prepared meals are served at lunch and dinner, using locally sourced ingredients wherever possible. All preparation and service is carried out by supervised students training for a career in the industry



Christmas Meals

We are now taking booking for our popular Christmas lunches and dinners. We can cater for groups up to 50 for details speak to Faith Rostron.

**For further details or to make a booking call: 01793 498244
or email: faithrostron@swindon.ac.uk**

List of Email Addresses

General

General enquiries	enquiries@swindonu3a.org.uk
Office manager	office.manager@swindonu3a.org.uk
Office administration	office@swindonu3a.org.uk
Newsletter contributions	newsletter@swindonu3a.org.uk
Webmaster	webmaster@swindonu3a.org.uk

Management Committee

All members of committee	committee@swindonu3a.org.uk
Chairman	chairman@swindonu3a.org.uk
Treasurer	hon.treasurer@swindonu3a.org.uk
Assistant treasurer	assistant.treasurer@swindonu3a.org.uk
Treasurer, Assistant treasurer, Office	treasurer@swindonu3a.org.uk
Secretary	secretary@swindonu3a.org.uk
E-news distribution management	enews@swindonu3a.org.uk
Group co-ordinator	group.coord@swindonu3a.org.uk
Newsletter distribution	distribution@swindonu3a.org.uk
Publicity manager	publicity@swindonu3a.org.uk
Monthly meeting speaker organiser	speaker.organiser@swindonu3a.org.uk
Portable appliance testing (PAT)	pat@swindonu3a.org.uk

The Editor reserves the right to amend or abbreviate any entries submitted. We should also like to point out that any views expressed are not necessarily those of the organisation or of the Editor.

Swindon U3A

What's On

Welcome to the monthly What's On information sheet of future events

October

Monday 9th October

Monthly meeting at the Ellendune Centre at 2.15pm includes a talk by Amelia Shaw of the Beanstalk Charity. Beanstalk is a national literacy charity, new to Swindon. Beanstalk recruits, trains and supports volunteers to provide one-to-one literacy support to children who have fallen behind with their reading.

Friday 13th October

Cut-off date This is the cut-off date for sending in events to be included in the November What's On

Friday 13th October

The Friday Walking Group Autumn walk is from Wareham to the National Trust Car park at Corfe Castle, approximately 6 miles along the Purbeck Way. All members are welcome. There is a special event at the Swanage Steam Railway so if anyone would like to join us and spend the day there we can deviate and drop you there. Cost depends on numbers. For further details see October Newsletter or contact [Tony Bettley](#)

Thursday 19th October

Travel Group J visit to "Arundells" the former home of Sir Edward Heath, situated in The Cathedral Close, Salisbury. Tour of the house and free time to visit other attractions in The Close or in the city of Salisbury. Cost £22, which includes coach, entrance and driver's gratuity. See the October Newsletter for further details or contact [Bob Habgood](#)

Tuesday 10th October

Travel Study Group C & G visit to Blenheim Palace, Parkland and Gardens. Discover 300 years of history, stunning architecture characterised by ornate ceilings and striking stonework, portraits and tapestries. Landscapes by Lancelot 'Capability' Brown, Formal Gardens and Pleasure Gardens a short miniature train ride away (50p). Cost £24pp. All members welcome. See the October Newsletter for further details or contact: [Mary Morgan](#) . Refunds are not made after 48 hours prior to trip.

Thames Valley U3A Network programme includes

-Gilbert & Sullivan on **18th October** at Harwell

See website or contact our U3A Office for further information

<http://www.u3atvnetwork.org.uk/>

[Events Programme 2017.html](http://www.u3atvnetwork.org.uk/Events_Programme_2017.html)

National U3A Educational Events **October /**

November include Explore Science at the RI; 1,000 Years of Illumination at the British Library; and Landscape Painting at The National Gallery. See website or contact our Office for further information

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

November

Monday 13th November

Monthly meeting at the Ellendune Centre at 2.15pm includes a Senior Safety Presentation by a member of Senior Citizen Liaison Team (SCLT). This presentation is aimed at older adult audiences and explores the extent of the ageing population and some of the safety challenges faced by elders in society today. With a strong focus on empowerment through education, the presentation explores the dangers of doorstep crime and telephone, mail and internet (e-mail) deception-type scams. Tips and advice on staying safe - as well as signposting seniors to some other useful resources.

Thurs 30th November

Travel Group J visit to Bletchley Park, the central site for British Codebreakers during WW2. Cost £28 per person. All members and friends welcome. Further Details are in the October Newsletter or Contact [Ken Ivie](#)

Saturday 11th November

Theatregoers Group visit to matinee performance of "How the Other Half Loves" by Alan Ayckbourn, at the Everyman Theatre, Cheltenham 2.00pm. Arrival time in Cheltenham is 11.45am giving enough time for drink and lunch. Cost £35 includes ticket and travel. Members, friends and partners welcome. See the October Newsletter for further details or contact [Cherry Warr](#)

Friday 24th November

Concert Goers Group invite you to the Wiltshire Music Centre, Bradford on Avon for a performance by the Quartetto de Cremona at 7.30pm (pre-concert talk at 6.30pm). A programme of Italian music by Boccherini, Verdi, Puccini and Respighi. This Italian string quartet has established a reputation as one of the most exciting chamber ensembles on the international stage. Cost £27.50 includes ticket, coach and driver's gratuity. Contact [Nina Stimson](#)

Notices

The French Intermediate Group that meets on Tuesday (1.30pm to 3.00pm) at Emmanuel Church, Haydon Wick, SN25 1HU is looking for new members. If you can tackle tenses and have good vocabulary they would love to hear from you. Improve your conversation, reading and translation in this friendly group. Contact [Pat Bartlett](#)

German Intermediate Conversation The group currently has vacant spaces (2 to 3 maximum). We meet every Wednesday starting from 7th September, 2.00pm – 4.00pm. Contact [Ken Kiley](#)

Coffee Mornings, 'Kings' at the Kings Hotel, Wood Street, Old Town, SN1 4AB. This group meets fortnightly on Wednesdays 10.30am until 12.00 midday. Next meeting 11th October 2017 then fortnightly thereafter. Enjoy a cup of coffee with friendly company in a tastefully refurbished and decorated hotel. There are spaces for new members.

Proposed new group - Money Matters Aims to develop a better understanding of the financial implications of current affairs whilst selecting and discussing topics that are of interest. If you are interested or want to know more, contact [Tina Reed](#)

French Conversation (2) meet Wednesdays 2.00-4.00pm. We are a small, friendly group who meet weekly to talk French over a cup of tea and a biscuit. Some of us are better at French than others but it doesn't matter as long as we are learning, helping each other and enjoying the process. If you would like to join us you would be most welcome. There is no cost as we meet in each other's homes (as convenient). À bientôt
Contact [Gill Brain](#) (Group Organiser)

Monthly Dinner Parties My partner and I love to cook and share with friends. We'd like to meet more people who would enjoy participating in monthly dinner parties. Maximum 8 at each dinner party although more can join the group. With 16 members, we will have 2 parties per month. Dinners are hosted at group members homes. Each member must be happy to host dinner party every 4 months. Contact [Shelagh Gough](#) if you are interested and with sufficient interest we can form a U3A Group

Pilates on Fridays failed to make the U3A year book. Note the group will meet every Friday 9.45 to 10.45 am, starting 22nd September, at the Western Community Centre, Somerset Road, SN2 1AF. Cost £18 per six-week cycle. Further details are in the October Newsletter or contact [Jane Caldwell](#)

Groups Sub-Committee is looking for anyone interested in helping support this sub-committee in its work – please contact Group Coordinator [Gill McKinnon](#) . Assistance would be greatly appreciated.

Swindon College Training Restaurant invite bookings for Lunch, Tuesday to Friday, or Dinner on Thursday. Both in term time. Booking for popular Christmas lunches and dinners for groups up to 50 are also available. See October Newsletter for costs and further details or contact Faith Rostron, Tel. 498244 or email: faithmarles@swindon.ac.uk

You are only young once,
but you can stay immature indefinitely
Ogden Nash