



Newsletter



Photograph by
Alex Cranswick

December 2017

Monthly Meetings

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

11th 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 from 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 and 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.

8th January 2018

**"My Life as an Auctioneer and how to spot
Fakes" by Gordon Brockman**

Gordon is an Auctioneer and Valuer at the Chippenham & Berkshire Auction Rooms and is also kept busy on the Charity Auction circuit. He's appeared in episodes of the 'Antiques Road Trip' and 'Put Your Money Where Your Mouth is...' Clearly no stranger to fame. (This talk may not be all it seems!)

Reports on Monthly Meetings

Monthly Meeting 9th October 2017

Amelia Shaw talked about **The Beanstalk Charity**

Amelia explained that, due to busy lives, families aren't talking as much as they used to. That children spend a long time on electronic devices and meal times aren't held around a table but snacks are snatched as and when or dinner is eaten in front of the television. Young children are not getting exposed to words, language and vocabulary.

Teachers are doing their very best but they have a full and very structured curriculum and work in groups with the children on set books. Again, in the class there's very little time for stories and most especially stories that are individualised to the child's interests.

Amelia got us to talk to each other about our early memories of books that we had read to us or had read ourselves to illustrate how important it is for children to experience the joy of reading.

We were told about young children from under privileged backgrounds who had already been helped but there was a great need for more children to receive this help. Beanstalk recruits, trains and supports volunteers to provide consistent one-to-one support to children aged from 3-13 who are struggling with their reading and confidence. They emphasise reading for pleasure. A trained reading helper works one-to-one with 3 children for 30 minutes twice a week. They bring books into the school and encourage children to select their next reading books.

So far, Beanstalks trained reading helpers have supported and encouraged over 150,000 children in schools in England. Last year their 3,000 reading helpers supported 11,000 children and they've got ambitious plans to grow so by 2021 they aim to help 30,000 children.

Amelia asked for our help by volunteering to become reading helpers and a great deal of interest was shown by members at the meeting.

If you want to know more about the work of Beanstalk please visit their website: www.beanstalkcharity.org.uk where you'll find many more examples of their work.

Monthly Meeting on 13th November 2017
Ash Jones (Senior Citizens Liaison Team)

talked about

Safety for seniors

Our speaker works as a Detective Constable for Avon & Somerset Police but was speaking to us as a volunteer from the Senior Citizens Liaison Team, a charity that provides opportunities for older adults to benefit from crime prevention advice, victim aftercare services and social inclusion.

He made the point that due to better standards of living and healthcare we are all living much longer. In 1910 there were 100 people living beyond 100 years but by 2016 this had increased to 15,000 with more than ½ million over the age of 90. At a talk he had given the previous week in Burnham-on-Sea he had spoken with an undertaker who pointed out to him that 40 years ago he buried 1 person a year who was over 100 but in the previous week alone he had buried 3 people over 100.

Ash told us that fraud is a hidden crime and accounts for £30-40 billion per year which is more than all other crimes put together. Much of this money goes to finance more crime. We can be affected by fraud in 4 ways; doorstep crime, telephone, internet and postal scams.

Doorstep crime is often committed by a team of 2, one of whom appears to be from a utility company or the council and distracts the householder while the other one slips into the house and takes what they can. Always ask for identity and keep them outside. If in doubt close the door and call the police.

Telephone scams usually involve trying to get your bank details by pretending to be from the bank or the police and usually saying that your bank account is at risk of fraud. They can be very persistent and frightening but remember that banks and police do not do this. Hang up, wait 10 minutes to ensure the line is clear and then ring your bank on a number you know, not one given to you by the fraudsters.

Internet fraud is usually by email. You may get an email that seems to come from your bank or a government department such HMRC. This will probably ask you to click on a link to check your bank details or to claim a refund. Banks and HMRC never do this so just delete the email and don't follow any links or give any details.

If you receive a letter saying you have won some money and asking for your bank details so that the payment can be made, ignore it, it is a con. Anybody who asks for money from you before sending you money that is owed to you is trying to defraud you and should be ignored.

The best way to stay safe is to use your instinct. If it doesn't feel right it isn't.

Management Reports

Feedback from the Management Committee

At the AGM it was proposed that we include a regular summary of the monthly Management Committee meetings in the Newsletter so that all U3A members could have a better idea about the work of the committee. This is the first such item and we'd be interested to know what you think. Is it clear enough? Would you like more information? Could we do it differently? Let us have your views - please contact any Committee member.

Strategy Meeting

We held a half-day strategy meeting in October on our structure and purpose and at the following Management Committee meeting pulled together our work plan for 2018. We'll put this on the website once it's finalised. A key part of this will be communicating more actively with our members, so if you have any thoughts on this please let one of us know. In addition to our regular monitoring reports on finances, membership, website, group news etc. we reviewed how the recent new members' meeting had gone and noted some ideas for the next one. We also spent some time planning the Group Co-ordinators' day at the end of November.

Margaret Goldie

Management Committee News

At recent committee meetings and an "Awayday", the management committee has been giving thought to ways in which we can ensure that our growing organisation works as effectively as possible for all its members to enable them to get the very best possible experience.

Two areas we have identified are to clarify the structure of Swindon U3A and to look at ways to make communications as efficient as possible.

To achieve the first we are in the process of reviewing the roles of all committee members and their "job descriptions" and how the committee links with the various groups of people who have responsibility for ensuring the smooth running of different aspects of our organisation.

To achieve the second we need to regularly review how we communicate with you and how we can improve this. Future articles in the Newsletter will explain various aspects of our work in more detail. If you have any comments or suggestions about improving our communications please contact us via the office or at secretary@swindonu3a.org.uk or directly to any committee member.

IMPORTANT - In Case of Emergency forms (ICE) and the Data Protection Act.

It has been brought to the attention of the Committee that the use of these forms carries a high risk of breaching the Data Protection Act if they are held by Group Organisers.

The Health Information included in these forms can be of a sensitive nature – i.e. health conditions and medication and as such should only be held by the person to whom they refer.

We acknowledge that for some groups – dependent on the activity and for some individuals – it is important that in the event of an accident or incident this information is available.

It is therefore strongly advised that the individual concerned remains responsible for their own information. It may well be advisable for that individual to indicate where they keep the form (i.e. a backpack, or a jacket pocket) and that it is easily identifiable (e.g. a coloured envelope).

Group News

Travel Group J's visit to Salisbury

As we left Wroughton on the 19th of October the weather was not good, but thankfully by the time we reached Salisbury the rain had stopped.

A visit to Arundells was to be the main focus of our trip. This house, situated in the Cathedral Close, was the home of the former Prime Minister, Sir Edward Heath.

As there were so many of us we were split into two groups for our guided tours. This meant that we had free time either in the morning or afternoon and there was certainly plenty to do in The Close itself. The Military Museum, known as "The Rifles", is right next door to Arundells and the Salisbury Museum only a very short walk away. Salisbury Museum had a special exhibition on the author, Terry Pratchett and in the Cathedral was one entitled "Threads through Revelation". This consisted of fourteen large embroidered panels, which were said to contain twelve million stitches and to have taken three years to complete.

The elegant Queen Anne style front to Arundells conceals the fact that the building contains six distinct periods of architecture, the earliest being 14th Century. The rooms are not huge, but they are comfortably furnished, and have been left as far as possible as they were when Sir Edward was living there. Models of his five yachts, each called Morning Cloud, can be seen in a special cabinet, while his great collection of art works is displayed around the house.

It was very interesting to see photos of him with various heads of state who had visited and the gifts he had been given by them. I think nearly everyone's favourite display was that of the originals of political cartoons which had been published during his years in office. We were invited not only to sit down in each room (what a relief) but also to play his grand piano!

I think a good day was had by all and we certainly came away having discovered what a talented man Sir Edward Heath had been.

Isabel Habgood



U3A Birders' Trip to Dorset on 31st Oct. to 3rd Nov.

A group of us from the Birders' Group spent four days bird watching in and around Weymouth in gloriously unseasonal warm and sunny weather for the time of year. We visited RSPB reserves at Arne, Radipole Lake and Lodmoor as well as Chesil Bank and Portland Bill, the last including a very fruitful visit to the Portland Bird Observatory.

We counted no fewer than 84 species of birds, plus mammals such as Field Voles, Sika and Roe Deer. We saw some of the UK's smallest birds: Goldcrest and Firecrest, its most exotic: Spoonbills, its most colourful: Kingfishers, and one of its rarest, magnificent and most persecuted: Hen Harrier. We even managed to spot two North American vagrants: Lesser Yellowlegs and Stilt Sandpiper.

Whilst we all had 'lifers' (first ever sightings), each of us had a view of what was the highlight of the trip; for some it was a particular bird, for others it was several and for some it was everything, including some amazing sunsets over the sea. It was agreed unanimously that the trip was a great success and, while we are all happy to get back to visiting our local patches, 'away trips' such as this will continue to form a really important and enjoyable part of our birding agenda. Where to next?



Firecrest (RSPB)

How the Other Half Loves

November 11th, Everyman Theatre, Cheltenham

Fifty two of us boarded the bus at various points around Swindon for the U3A Theatre Group's trip to see Alan Ayckbourn's "How the Other Half Loves" at Cheltenham's Everyman Theatre, two going along under their own steam (well probably petrol, actually!)

The play was an old fashioned farce of the sort which those of us old enough to remember Brian Rix will recognise. The story centres round a late night escapade, details never fully revealed, but which results in the participants having to make excuses to their spouses.

By chance both guilty parties use the name of a new chap in the office, Featherstone, suggesting that they were commiserating over an infidelity – each offender supposedly spending the evening with the innocent party - he with the chap, she with his wife. Full of good intentions, and unbeknown to each other, the unsuspecting partner in each couple decides to invite the apparently troubled new couple to dinner on separate evenings to help resolve their differences, of which they of course are totally unaware!

The centre piece is a scene at which we see all six actors together, acting out the two evenings simultaneously, alternating conversations and contrasting actual and perceived emotions. The timing was immaculate, and I can't possibly do justice in a short write up, it was very funny indeed.

Finally Featherstone gets the message, believing his wife really has had an affair, and takes his anger out on the supposed offender, while his timid wife's reaction when alone with the young Lothario is a delight. Altogether an excellent trip, thanks to Cherry Warr for organizing yet another of these jolly events.

U3A Field Archery

We are very lucky to have the beautiful setting on Roves Farm land for our Field Archery group, with facilities to suit all abilities. Since the Fresher's fair in September, our membership has increased to 58 (reaching our manageable figure of 60) with an average of 25 people shooting at our Monday and Friday sessions

On 27th October we held our Halloween barbeque which was a great success. There was an excellent turnout and the weather as always, was glorious.

Pumpkins were hung around the various targets in the woods and suitably scary paper targets in the indoor range and on the hay bales at the bottom of the field.

Peter E did a stalwart job as Head Chef, assisted by Norman on onions and a band of little helpers. Prizes went to Jim Morris, Suzie's daughter, John Beale and Brian Winley for best shots.

An archery related quiz proved quite difficult for that time of the day, but hopefully everyone enjoyed the challenge!

Thanks to everyone for a very successful morning. Christmas bbq date tba!

Sue Horton



Peter Edwards, our wizard of a chef.



Coffee at Kings

Please note that the group, which meets fortnightly at The Kings in Old Town, is not able to take new members at this time. Please **do not** just turn up unless you are already a member as the space available at the venue is very limited. If however, you would like to join a coffee group – please contact [Gill McKinnon](#) by clicking on her name and if there is sufficient interest in the idea we can look into setting up a new group.

Proposed New Coffee Morning Group

My friend and I are new members of the U3A. We are looking to set up a Coffee morning group in Royal Wootton Bassett and maybe surrounding areas – open to all members. We aim to meet fortnightly on Thursdays at 11am at the Cross Keys Pub, which has a friendly, sociable atmosphere. There is always the possibility of staying on for lunch, if anyone chooses. We are looking to possibly hold our first meeting during January/February. Anyone who is interested and wishes to find out more please contact [John Turner](#) by clicking on his name.

New Book Group

A new Book Group is starting up in November, so if you'd like to join us in the early stages you'd be very welcome. We're going to meet on the 3rd Monday afternoon of each month, between 2pm and 4pm. We will arrange meetings in each other's homes to begin with. The first meeting will be on Monday November 20th, when we will get to know each other a little and decide how we'd like to take the group forward. If you're interested, please contact [Margaret Goldie](#) by clicking on her name.

Use it or lose it- living longer, living well

Another successful programme finished on 18th October 2017 and was reviewed by the delivery team on October 25th. There were 9 participants and evaluations were positive. As always the presenters made any minor adjustments to the programme in light of these evaluations.

Because interest is high and so many people have signed up to the programme, it has been agreed there will be 3 programmes in 2018 instead of the 2 run in previous years. The new administrator, Marla Carroll, will contact those people who have already expressed an interest and allocate places on the programmes from the existing list. The programmes will run on 3 Wednesday afternoons in February/March, April/May and September/October.

Please wait for Marla to contact you if have already signed up for a place, then if the course allocated does not suit you, you can contact her to discuss an alternative. No new bookings will be taken until the Fresher's Fair 2018.

Claire Smith

Highworth Petanque Group

In October's Newsletter Gordon Younghusband told you about Petanque in Swindon, and in particular the Highworth Petanque Group. We presently have two separate groups who play on Thursday and Friday mornings but, as many have discovered, we are usually fully subscribed. I am therefore investigating the possibility of starting a third group, probably on Wednesday, but presently our venue is booked on Wednesday mornings - however I am investigating alternatives. Are there any U3a members who would be interested in joining a new group? To send a message please click on [Graham Arrondelle](#) - If there are enough of you I am sure we can find a date and time that will suit all (other commitments excepted).

Graham Arrondelle (Co-chair of HPG)

New Developments for Swindon U3A

LIFT Psychology is an NHS service which has been running courses to help people prevent or cope with daily life problems for over twenty years. These courses help people with daily stressors and what doctors call long term conditions. These are illnesses that will probably never completely go away but their impact on daily living can be reduced, often in a transformative way. Other courses include 'Overcoming Panic, Anxiety and Worry'; 'Overcoming Sleep Difficulties'; 'Living well with Long Term Pain' and many others.

The courses are taught and although discussion and questions are encouraged, no-one ever needs to speak if they don't wish to. As with other NHS provision these courses are free. Coffee tea and biscuits are available, and a small donation may be requested but not demanded.

Swindon U3A and LIFT are seeking to collaborate in order to offer courses to U3A members. This follows on from the high level of demand for the 'Use it or Lose it' Memory programme which has been running for several years. Courses could be available during the daytime or evening and normally run for 4 weeks. Alternatively, a course could be delivered in a single Saturday session.

If you feel that there is a course which could be relevant to you or if you are interested to learn more, please email me at the address below. Should there be sufficient interest we will arrange an open meeting where you can find out more and ask questions.

Group news

British History; Spanish Beginners; Beginners Bridge: If you are interested in any of these potential new groups – please contact me.

New Walking group: If you have signed up to join a new Wednesday Walking group, this has not been forgotten. A meeting will be arranged for all interested members shortly and you will be contacted. If you have not signed up but are interested, please send me a message and I will add your name to the list.

[Gill Mckinnon Groups Coordinator](#)

A new Travel Study Group will be holding its inaugural meeting on 23rd January at 2:00pm at the MRT Centre on Queens Drive. If you wish to join please contact **[Dawn Johnson](#)** by clicking on her name.

Walking Football at Croft Sports Centre

(This is NOT a Swindon U3A event)

I am part of the Generation Gains team and we are setting up walking football sessions at Croft Sports Centre aimed at men and women over the age of 60 and was wondering if members of the Swindon U3A would be interested in this activity. If we can get this up and running successfully we are looking to make this a regular session.

The session is free and will take place at Croft Sport centre (SN3 1RA). We started on the 20th November running from 10am-11am, with free tea and coffee provided after the session until around 11:30am.

There is plenty of free parking at the venue and it is easy to access.

The spaces do need to be booked beforehand on either of the following:

By emailing GenerationGains@GLL.ORG or calling Crofts Sports Centre on 01793 618669.

Thomas Eagles

Visits and Outings

Line Dance Social in support of the Great Western Hospital Brighter Futures Radiotherapy Appeal is to take place at Liden Community Centre on 8th December 7.30pm – 10.30pm. Cost £5 dancers, £2.50 non- dancers. Raffle Prizes welcome. Contact [Sheila Turland](#) by clicking on her name.

Thursday 14th December

U3A Dance Orchestra present an "Afternoon of Music" at St. Peters, Penhill 2.30pm – 4pm. Enjoy listening to or dancing to a 16-piece orchestra. Single people extremely welcome. No need to dance just enjoy the social atmosphere. Cost £2 entry, 50p refreshments. No need to book.

Thursday 21st December

U3A Dance Orchestra present an "Afternoon of Music" at Toothill Community Centre 2pm – 4pm. Other details as above.

Travel Study Group C & G
Visit to

**The Postal Museum and Newly Opened Underground Mail Train
Monday 15th January 2018**

There will also be free time to visit other attractions nearby for example the Clock Museum, Charles Dickens Museum, Foundlings Museum and many others within a short walk.

Departure times and pick-up points:-

8.00am Matalan, Greenbridge.

8.20am Ellendune Centre, Wroughton

8.40am Ashington Way, West Swindon

5.00pm (approx.) Depart for Swindon

Cost £25pp includes: coach, entry & driver's gratuity.

All members welcome

Note: we have been advised by the Postal Museum that the train is a miniature train and may be uncomfortable for some visitors. Also for Health and Safety reasons in an emergency you need to be able to walk 100 metres (328 feet) on uneven terrain with low lighting levels. For more information contact Mary or Sylvia.

Contact: [Mary Morgan](#) or [Sylvia Blacklock](#) (Click on a name)

Travel Group J
visit to
Royal Hospital, Chelsea.
Thursday 22nd February 2018

Depart Ellendune Centre 8.30am
Pipers Way bus stop 8.45am
Coate Water Garage lay by 8.55am

Arrive at National Army Museum in time for coffee. Time to explore the recently refurbished museum or visit the nearby Chelsea Physic Garden or explore Chelsea Embankment and Gardens. Lunch available at Army Museum before meeting at the Royal Hospital next door at 1.30pm for guided tours by the Chelsea Pensioners.

Depart for Swindon from the Hospital at 4.00pm. Cost approx. £28 to include coach, driver's gratuity and guided tours.

Contact:

[Barbara Davidson](#) or [Peter Davidson](#) (Click on a name)

'Motown the Musical' on Thursday 1 March 2018

starting at 2.30pm at the Shaftesbury Theatre, London

The seats are in the Royal Circle with good views of the stage. Face value of each ticket is £69.50

Price including transport by Barnes Coaches will be £49.50. Payment needed by 6 December.

Partners and friends are welcome. Tickets will be given out on the coach.

Pick-ups will be 10.00am at Swindon Orbital, 10.15am at Ashington Way (if parking restrictions imposed these will be liable to change) and 10.30am at the Bus Station. This will, hopefully, get us to London in time to find somewhere to lunch. We should be home by 8.00pm.

If you are interested in this trip please contact [Cherry Warr](#) by clicking on her name which will open up a contact form.

Travel Group J visit to
Portsmouth on Thursday 5th April 2018

A visit to historic Portsmouth with options to visit the Historic Dockyard, Spinnaker Tower and/or Gunwharf Quays shopping centre. As our visit coincides with the school Easter holidays you are advised to consider booking historic dockyard attraction tickets on-line in advance.

Departure times and pick-up points:

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

Cost £18 per person which includes the coach and gratuities

All members and friends welcome.

Contact [Jayne Bellamy](#) or [Mike Carvell](#) (Just click on a name to open a contact form.)

Concert Goers Group invite you to
The Colston Hall, Bristol
Thursday 12th April 2018 at 7.30pm.
Pre Concert talk at 6.25pm

Bournemouth Symphony Orchestra
presents

Debussy—Rondes de Printemps
Mendelssohn—Violin Concerto in E minor
Berlioz—Symphonie Fantastique

Departure times (to be advised) and pickup points
Downsview Road/Marlborough Road Junction
Bus Station
Ashington Way (W Swindon) bus stop

Queries to [Nina Stimson](#) (Click on the name)

Payment required by 5th February
Cost to be advised (includes ticket, coach and driver's gratuity)

'Hairspray' at the **Everyman Theatre Cheltenham**, for the matinee on Thursday, 31 May 2018 at 2pm. It's a brilliant 'feel good' show.

Tickets are £49 a ticket (transport is included in the price). If we have a full coach there will be a refund on the day.

To reserve a place contact [Cherry Warr](#) by clicking on her name.

Payment needed by February 2018, but cheques are accepted dated 1 February 2018 made payable to Swindon U3A. They will be banked in February.

Pick-ups will be between 10-11am and we should arrive back in Swindon between 5-6pm. Pick-up points will be notified nearer the time, but will include the Bus Station. Transport will be by Barnes Coaches.

"The international smash hit musical comedy Hairspray the Musical comes to the Everyman Theatre for the first time - ever!"

Baltimore, 1962. Tracy Turnblad is a big girl with big hair and an even bigger dream: to dance her way onto national TV, and into the heart of teen idol Link Larkin. Tracy's audition makes her a local star and soon she is using her new-found fame to fight for integration. But can she win equality - and Link's heart - without denting her 'do?

Featuring the hit songs Welcome To The 60s, You Can't Stop The Beat, The Nicest Kids in Town and many more.

Don't miss this irresistible feel-good show that is guaranteed to have you dancing the night away. Let your hair down and book now!"

Travel Group J & Aviation Group Visit To
The Delights & Heritage of Suffolk

Five Days from 13 - 17 May 2018

Based at the 4* **StokebyNayland Hotel** on the outskirts of Leavenheath

Day 1 Travel East and spend some free time in Lavenham where you can choose to visit the National Trust's Lavenham Guildhall, an early 16th century framed building that dominates the market place.

Day 2 Our Blue Badge guide accompanies the group when we visit the Norfolk & Suffolk Aviation Museum. Our guide remains with us when we continue in the afternoon to visit the National Trust's Sutton Hoo, an Anglo Saxon burial site where the Sutton Hoo treasure was discovered in 1939.

Day 3 Today with our Blue Badge guide we visit Colchester, the first Roman city in Britain. Our guided tour of the city incorporates a visit to Colchester Castle Museum.

We continue to Constable Country on the Suffolk / Essex border the birthplace of the renowned artist John Constable. Our guided tour of East Bergholt takes in John Constable's Studio and at Dedham we see Constable's School and Dedham Parish Church. Finally we visit Flatford.

Day 4 This morning, with our Blue badge guide, we visit the picturesque fishing village of Aldeburgh. In the afternoon we visit Christchurch Mansion, a Tudor building set in an ancient and beautiful park close to the centre of Ipswich. With outstanding paintings and furniture it is one of the most important visitor attractions in East Anglia.

Day 5 Our last day, we visit English Heritage's Audley House and Gardens, Saffron Walden, one of England's grandest stately homes.

Following our visit we make our way home.

Cost: £499 (Single room supplement £99) This includes all coach travel and hotel. (Bed, breakfast and evening meal)

Extras: Entrance fees to places visited. Entrance to aviation museum is free and National Trust properties free to members of NT, gratuities. Insurance £24 (if required)

Departure time and pick up points to be notified at a later date.

For further details contact [Ken Ivie](#) by clicking on his name.

All members and friends welcome.

Christmas Cake (Zena Skinner 1964)

This recipe was done originally for Points West and offered to viewers on a typed recipe sheet. It was rediscovered by a viewer 2 years ago and talked about on Points West. It is an easy and very tasty Christmas cake recipe and there is still time to make it.

8" round or square tin

8oz Raisins	10oz Plain Flour
12oz Currants	10oz Butter
12oz Sultanas	5 Standard Eggs
3oz Chopped Almonds	Pinch of Salt
3oz Chopped Angelica	
4oz Quartered Glacé Cherries	
4oz Chopped Candied Peel	
10oz Barbados Style Brown Sugar	
Grated Rind of 1 Lemon	
3 Tablespoons of Brandy or Rum	
1 Level Teaspoon of Mixed Spice	
Small Pinch of Nutmeg	

Line the tin with 2 layers of greased grease proof paper and tie a band of brown paper round the outside. Clean the fruit if necessary and sieve together the flour, spices and salt. Cream together the butter and the sugar until light and fluffy. Beat in the eggs one at a time with a tablespoon of the flour. Add the rest of the ingredients gradually except the brandy which should be added at the end together with a little milk if the mixture is too stiff; it should just drop off the spoon easily. Bake in an oven at 300°F or gas mark 1-2 for 4 to 4½ hours.

To test when done put your ear to the cake and if there is no noise it is cooked. Turn out onto a wire rack and when cold wrap in greaseproof paper and seal in a tin to mature.

Submitted by John Baker

Julie Andrews turning 79 - this is hysterical! To commemorate her birthday , actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall for the benefit of the AARP. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound Of Music'. Here are the lyrics she used:

(If you sing it, it's especially hysterical!!!)

Botox and nose drops and needles for knitting,

Walkers and handrails and new dental fittings,

Bundles of magazines tied up in string,

These are a few of my favorite things. Cadillacs and cataracts, hearing aids and glasses,

Polident and Fixodent and false teeth in glasses,

Pacemakers, golf carts and porches with swings,

These are a few of my favorite things. When the pipes leak, When the bones creak,

When the knees go bad,

I simply remember my favorite things,

And then I don't feel so bad. Hot tea and crumpets and corn pads for bunions,

No spicy hot food or food cooked with onions,

Bathrobes and heating pads and hot meals they bring, These are a few of my favorite things. Back pain, confused brains and no need for sinnin',

Thin bones and fractures and hair that is thinnin',

And we won't mention our short shrunken frames,

When we remember our favorite things. When the joints ache, When the hips break,

When the eyes grow dim,

Then I remember the great life I've had,

And then I don't feel so bad.

(Ms. Andrews received a standing ovation from the crowd that lasted over four minutes and repeated encores.

Notices

When submitting articles or notices to the Newsletter and the What's On it is essential that they are sent by email to newsletter@swindonu3a.org.uk. If you are unable to do this please send them to the U3A office with a note for them to be forwarded to the newsletter team. Items not submitted in this way cannot be guaranteed to be picked up and published.

The cut-off date for sending in events to be included in the January What's On is 6th December. The cut-off date for the February What's On and Newsletter is 5th January 2018.

Swindon U3A Office

Please note that the office will be closed after Wednesday the 20th December and will reopen on Wednesday the 3rd January

The Newsletter Editor

As from this issue, our editor, Doreen Swannell is relinquishing her role as editor of the Newsletter.

Doreen has made a significant contribution and through her hard work and dedication we have a Newsletter that receives high praise from many quarters.

Her help will be greatly missed by the Newsletter Team but we look forward to welcoming a new editor for a new year.

Thank you Doreen!

List of Email Addresses

General

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Management Committee

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Newsletter distribution	group.coord@swindonu3a.org.uk
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Monthly meeting speaker organiser	publicity@swindonu3a.org.uk
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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

December 2017

Monday 11th December

Monthly Meeting at the Ellendune Centre
2.15pm includes Christmas entertainment with
the U3UKES and U3A Guitar Groups.

Thursday 14th December

U3A Dance Orchestra present an "Afternoon of Music" at St. Peters, Penhill 2.30pm – 4pm. Enjoy listening to or dancing to a 16-piece orchestra. Single people extremely welcome. No need to dance just enjoy the social atmosphere. Cost £2 entry, 50p refreshments. No need to book.

Thursday 21st December

U3A Dance Orchestra present an "Afternoon of Music" at Toothill Community Centre 2pm – 4pm. Other details as above.

January 2018

Monday 8th January

Monthly Meeting at the Ellendune Centre 2.15pm includes "Life as an Auctioneer".

Monday 15th January

Travel Study Group C & G Visit to "The Postal Museum", London and newly opened "Underground Mail Train" with free time to visit other attractions nearby for example the "Clock Museum", "Charles Dickens Museum", "Foundlings Museum" and many others within a short walk. See December Newsletter for further details. Contacts:

[Mary Morgan](#) or [Sylvia Blacklock](#)

February 2018

Thursday 22nd February 2018

Travel Group J visit to Royal Hospital, Chelsea. Cost approx. £28 to include coach, driver's gratuity and guided tours. Contact [Barbara Davidson](#) or [Peter Davidson](#). See December Newsletter for further information.

Looking Further Ahead

Thursday 1st March 2018

Theatregoers Group visit to 'Motown the Musical', starting at 2.30pm at the Shaftesbury Theatre, London. The seats are in the Royal Circle with good views of the stage. Face value of each ticket is £69.50. Price including transport by Barnes Coaches will be £49.50. Payment needed by 6 December. Partners and friends are welcome. See December Newsletter for further information. Contact [Cherry Warr](#). Coach seats only for anyone to join this trip to go to the West End, London are £13.00 each.

Thursday 31st May 2018

Theatregoers Group visit to the musical Hairspray at the Everyman Theatre, Cheltenham for a matinee performance. Cost £49 including transport. If we have a full coach there will be a refund on the day. Contact [Cherry Warr](#). See December Newsletter for further details.

Old age is like everything else.
To make a success of it, you've got to start young.

Fred Astaire

Logic will get you from A to B.
Imagination will take you everywhere.

Albert Einstein