



Saleha Way

A Word from the Chairman



In the Summer newsletter I predicted much will have changed between then and now. We indeed have a new government and change certainly appears to be in the air – whether for good or bad we can but wait and see....

One thing that hasn't changed is our unpredictable weather and as I compose my Autumn contribution my window is reverberating from the impact of yet another lashing storm of rain, thunder and lightning. One shudders for what those poor flooded shops and businesses at the bottom end of town must be putting up with – and it is incumbent on us all to do whatever we can to assist in their recovery from what must be yet another blow to the very life blood of our beautiful little town.

However, in the words of the Monty Python team's song, we must always look on the bright side of life and I am delighted to state that we had an excellent turnout of well over 100 members for the first speaker meeting of the season on September 16 (report elsewhere in this issue).

Vice-chair Mark Eardley and myself attended a meeting of the u3a Cotswold Link Regional organisation on the 20th – along with representatives of 20 of the other 27 u3as concerned i.e. those of Worcestershire, Gloucestershire and Herefordshire. The most useful thing I think we came away with was the need for more networking between our local u3as in order to learn from best practice wherever it may be. It was no surprise that all u3a committees have the same problem we have here in Ross – getting members to volunteer for executive posts as they come up for renewal!

On this very point may I remind all that we currently still have a vacancy for a new Outings Secretary – and we can't compile our new rota of the always popular trips to interesting sites without one – (and while on this subject we would welcome applications from members prepared to at least come on board as 'without portfolio' committee members in order to get a feel of what is involved). Do please let me know if you are interested!

William

Email: u3a.ross.chair@gmail.com

COMMITTEE NEWS

Committee

Chair and Cotswold Link - William Lyons
Vice-chair and Front of House - Mark Eardley
Secretary - Anne Pye
Treasurer - Simon Silver
Membership Secretary - Heather Whitehouse
Groups Secretary - Marilyn Reynolds
Publicist and Speakers Secretary - Catherine Silver
Beacons Administrator - Jacqui Ehlen

Co-opted onto Committee

Website - Jim Christie
Newsletter - Saleha Way
Deputy Groups Secretary - Judith Mackie

Situation Vacant

Outings Secretary: This position has become vacant. If you're interested in arranging trips to exciting places for members, this is the role for you. Contact our u3a Chairman William Lyons at u3a.ross.chair@gmail.com for a chat. We need your help to keep our u3a running.

GIFT AID: EXTRA TAX RELIEF FOR US AT NO EXTRA COST TO YOU

For some time now all donations by individuals to charities have been tax free. The Government Gift Aid scheme allows charities like ours to claim back the tax that you have paid on your subscriptions and donations to Ross u3a.

With your agreement we can claim an extra 25p for every £1 that you give us, effectively increasing the value of your donation by 25% at no extra cost to you. It makes a very important addition to our income and means that we can keep our subscriptions as low as possible.

There are rules for Gift Aid of course. First, you must be a UK taxpayer and have paid income or capital gains tax during the year. Second, the amount of tax you pay must be at least equal to the value of all the Gift Aid that charities will claim on your donations during the year. Many of our members have already agreed to Gift Aid, which makes a significant contribution to our funds.

If you are eligible for Gift Aid, but have not made a Gift Aid declaration yet, please consider doing so now. Forms and further advice are available from our Membership Secretary Heather Whitehouse u3a.ross.membership@gmail.com

GROUP NEWS

We now have nearly 70 different groups covering a wide range of interests in the Ross and District U3a, which is an amazing achievement. If you are interested in looking at what is on offer a good place to start is our website at <https://ross.u3asite.uk/groups>. Many groups still have spaces but if a group is full then your name can be added to a waiting list until a space becomes available. If you have an idea for a group or a special interest then please get in touch and we can see about setting up a group.

Recently a **Cycle and Coffee** group has been set up and offers members the chance to cycle local country roads, stop somewhere for coffee and have a chat. This is a new and exciting venture for those that want to explore the local area. If you are interested then contact Yvonne Mckeen atybmckeen@gmail.com

A 2nd **Genealogy** group meets on the 3rd Tuesday of every month at 10.30 and still has spaces. If you are interested in finding out a bit more about your family history then this might be the group for you. Contact judith@mackiehome.co.uk for more details.

We also planning to set up an **Astronomy** group. For further information contact William Lyons on 0774 312 3903

However, if you are not sure what might be of interest to you then please come along to our annual **OPEN DAY** on **November 18**, 2.30pm, in the Paxton Hall at the Larruperz Centre. A representative from each of the groups on offer will be available to give you an idea what the group is about, where they meet and when. You can record your interest on a form that will be given to you on entry. Even if the group is full please show your interest and we can place you on the waiting list. Once you have perused the groups on offer why not visit the Watkins Room for a **cream tea** and have a chat with friends.



Last year's Open Day drew a big crowd

This is a popular event and we look forward to seeing as many of you as possible.

Marilyn Reynolds — incaamba@gmail.com

Judith Mackie — judith@mackiehome.co.uk



Afternoon tea of appreciation

On Saturday July 27 2024 the U3a Committee arranged a cream tea at St Mary's Church Hall to say a big thank you to all the group leaders who volunteer their time to manage their groups. Without them we wouldn't exist. We are grateful for their time and dedication, and this was one way we were able to show our appreciation.

CELEBRATING AUTUMN

No short of fun and fright in the golden season

Golden hues across the landscape, crisp air and early nights: Autumn is here, Keats' *'Season of mists and mellow fruitfulness'*. With it come many celebrations across the world, ranging from rituals deep-rooted in faith to simple cultural and social revelry. Below are some of the festivities.

Harvest festivals

Harvest festivals take place at various times across the world, according to geographical locations, climates and crops. The annual event is a thanksgiving celebration of a successful harvest, with family and community coming together for meals from nature's bounty. In the UK the festival dates back to pagan times and falls on the Sunday nearest to the harvest moon, the full moon that occurs closest to the autumn equinox, normally falling at the end of September, or early October.



Photo: bernswaelz

Oktoberfest

A popular autumn event is Oktoberfest, a rousing occasion especially for beer drinkers but also for those who love German food and culture. It began as a wedding celebration for the Crown Prince of Bavaria (who later became King Louis I). Today, the biggest Oktoberfest is held in Munich from the third weekend of September until the first Sunday of October every year, attracting over 6 million visitors annually. Typical Oktoberfest activities include beer drinking, parades, live music, and enjoying German food such as sausages and pretzels, with traditional Bavarian attire worn by many throughout the festival.

Smaller Oktoberfest celebrations are held in different parts of the world including the UK, with some of the most popular taking place in Herefordshire.



Halloween

Although many people associate Halloween with the US, many of its traditions originated in the UK. Historians believe that Halloween dates back to a Celtic festival called "Samhain", which marked the beginning of ancient winter. "Halloween" is short for "All Hallow's Eve", as we celebrate it before All Saints' Day on November 1, a day dedicated to "hallowed" or holy people.

Traditionally, British people would carve turnips from the late harvest and leave candles burning inside to scare off nasty neighbours and ward away the darkness of winter.

Trick or treating also originated in the UK. Children in Yorkshire invented the "trick" by dressing up as ghosts to scare neighbours on October 31, and the "treat" comes from the practice of poorer members of the communities asking for food and drinks for their feasts.

Day of the Dead

El Día De Los Muertos, or Day of the Dead, originated in Mexico. Although celebrations in many areas begin on October 31, most festivities take place on November 1 and 2.

Though it has much in common with Halloween – including an emphasis on the dead and often communal celebrations – the two are separate holidays. El Día de Los Muertos is steeped in remembrance and commemoration of loved ones, including through the creation of altars and "ofrendas," or offerings, made in their honour in homes or in cemeteries.





A contemporary engraving of eight of the 13 Gunpowder Plot conspirators by Crispijn van de Passe

**Remember, remember
The fifth of November
Gunpowder, Treason and Plot
I see no reason
Why Gunpowder treason
Should ever be forgot.**

Bonfire Night

November 5 is still a key date on the British calendar — more than 400 years after the failure of the Gunpowder Plot over the refusal of King James I to grant more religious tolerance to Catholics.

In 1605, Guy Fawkes, one of the plotters, was arrested underneath the House of Lords guarding explosives meant to blow it up. The other conspirators were either shot and killed or arrested and executed.

To commemorate the king's survival, people lit bonfires and fireworks on Guy Fawkes Night across the country. Today, Bonfire Night as it's more popularly known, has become a friendlier family event and stripped of its religious connotation.

The town of Lewes is home to the biggest Bonfire Night celebrations in the UK, but check out those closer to home.



Here's to Apples

Another popular autumn event is AppleFest, a celebration of the county's rich apple legacy. The two-week festival is packed with fringe events at various locations across Herefordshire with local top cider and perry producers offering special walks, talks, tours and, of course, cider tastings.

The festival will wrap up with the AppleFest Banquet hosted at the prestigious Assembly Hall of Hereford Town Hall on October 13.

Herefordshire boasts over 15,000 acres of orchards, producing 150,000 tonnes of apples and pears each year. The region's perfect soils and climate make it ideal for growing world-class apples and pears.

Carnival of the Animals

For a more tranquil activity over the autumn half term if you're stuck with the grandchildren, the Orchestra of the Swan is performing a family concert, Camille Saint-Saëns' Carnival of the Animals, at the Courtyard on October 30. It is musical journey through the animal kingdom with each movement representing a different creature, from the majestic lion to the graceful swan.

An entertaining way to introduce them to the wonders of classical music and literature, the performance will be accompanied by a collection of poems written by the best-selling author Michael Morpurgo, known for his storytelling that captivates both children and adults.



Photo: Orchestra of the Swan

SPEAKERS' CORNER



The Roses of No Man's Land: a war tribute

The Ross u3a talk in July was given by Fiona Morrison, a return speaker whose subject this time was about the heroic acts of volunteers in WW1: 'The Roses of No Man's Land'. No man's land was where many soldiers lay dead, dying or wounded waiting to be rescued by the medical facilities behind the line. And the roses were the women who dealt with those injured men. They were the voluntary nurses who walked straight out of Edwardian drawing rooms to the frontline horrors of the war, and yet rose to the challenge as they cared for the mutilated bodies and tormented minds that came from the battlefield.

So important were the nurses and the ambulance workers in the war zone that the VADs, which stands for Voluntary Aid Detachments, were sometimes known as 'very adorable darlings'. As a tribute to their courage, a sheet music was written for the song *The Rose of No Man's Land*, with lyrics by Jack Caddigan and the music composed by James A. Brennan.

The VADs were mostly from the middle classes and worked alongside military nurses — the main trained corps being the Queen Alexandra's Imperial Military Nursing Service. It was initially an uneasy relationship but as the war continued and the VADs demonstrated their skill and efficiency, the trained nurses were more accepting of them.

VADs were made up of male and female volunteers from 1909 until after WW2. But the majority of detachments during WW1 were made up of women because many men joined the armed forces. VADs were initially organised by the British Red Cross, which later worked together with the Order of St John who trained them. Their first set of skills was not nursing: they were in ancillary roles such as cooks, laundry maids and ward clerks, to free up the trained nurses for the wounded soldiers. Some VADs were sent abroad to places such as France, the Balkans, Italy and Russia but the majority worked in Britain. In 1914, there were 40,000 volunteers in 1800 detachments. By the end of WW1, they numbered 126,000 with 243 killed, 364 decorated and over 1,000 mentioned in dispatches.



Photo: Imperial War Museums

The success of the VADs and nursing in general was closely linked to what was happening in women's lives prior to 1914. The establishment of department stores and tea shops meant middle-class women and unmarried respectable girls could go into town shopping or take tea in a safe environment waited upon by female staff. Hostels were built for low-wage single women from the early 1900s.



The Ladies Lavatory Co opened its first public toilet near Oxford Circus in 1884. Women also began to travel on public transport with ladies-only carriages provided. Women's clothing also began to change so they could play golf or go cycling in bloomers not long skirts; tennis became doable without corsets.

New jobs were also available to reasonably educated middle-class girls who had to work, in roles such as telephonists, clothes machinists, administrative officers and teaching. Women even started going to university.

The great change in this profession was brought about by Florence Nightingale, a nurse born from a military crisis — the Crimean War. Men were dying like flies in the Crimea mostly from disease, not wounds. She set up the Nightingale School of Nursing at St Thomas' Hospital, with some of the graduates later joining the army to become Queen Alexandra nurses.

The VADs were only part of a sisterhood doing amazing things in the war: women were working as postal workers on horses, in heavy industry and having to master complicated machinery. Daughters of middle and upper-class families got their chauffeurs to teach them to drive, an important skill they could take to the army or industry.

During WW1 nearly 2 million women entered the workforce, 950,000 of whom between them made more than 80% of all the shells and weapons used by the British Army. At Rotherwas, Hereford, alone between 70,000 and 95,000 shells were made each week, with women making up 77% of the workforce.

"Society was already in the state of change and women themselves were ready to go to work for the war effort and society was ready to accept them doing so," Fiona said.

SALEHA WAY



How the stagecoach transformed the area

John Butterworth, our September speaker and the author of “Four Centuries at the Lion Hotel”, Shrewsbury, talked about How the Stagecoach Transformed the Area.

He started by saying he was not going to give the talk, but he knew a man who could. I’m sure I was not the only one bemused by this statement. However, in an instant, John donned a top hat and announced that he was Sam Hayward, a famous stagecoach driver working from the Lion Hotel in Shrewsbury. He drove the famous Wonder stagecoach between Shrewsbury and London, and to and from Holyhead at the end of the 18th Century and early 19th Century. The journey in 1729 from Gloucester to London took three days in winter and two in summer. By the end of the century Ross to London took just 18 hours.



Sam said the Romans made good roads in Britain, but they started to decline when the invaders left. The roads through Hereford were notoriously bad. (A knowing groan rippled through the audience at this remark!). In 1555 a Highways Act was passed which decreed that parishes and churchwardens were responsible for the roads in their parish used by the stagecoach.

In 1603 came the first Turnpike Act, which authorised trusts to levy tolls on those using the road and to use that income to repair and improve the roads. The 'turnpike' was the gate that blocked the road until the toll was paid. In 1839 there were 12 turnpikes in Ross.

The levy then was 6d per day to leave or enter Ross. Farmers were not happy as they had to pay the toll several times a day.

By 1872 when the Ross Highway Board took over control of the roads with the abolition of the local turnpike trusts, the toll gates were at Walford, Wilton Ledbury Road and Over Ross.

Sam told several anecdotes. One was that a tollkeeper called Robert Sleath stopped the stagecoach carrying George III on his way to visit the Bishop of Worcester. The King refused to pay and the equerries had to pay. Another tale was how heavy snow in 1836 caused four passengers sitting outside on the Shrewsbury to London stagecoach to die of hypothermia. Then there was this anecdote of how in the event of the coach stalling on a steep hill, first-class passengers stayed put but those in the second and third classes had to get out and push.

The audience also heard that Lord Nelson had breakfast at the Swan & Falcon in Ross on his way to Monmouth in 1802.

Mail coaches were able to carry passengers but they were more expensive than stagecoaches.

In the early 19th century 16 coaches a day went through Ross. In 1825 a new Mythe Bridge at Tewkesbury led to a new coaching route to Herefordshire. The end of turnpikes came about in Ross in 1839.

The arrival of the railway caused the demise of the stagecoach businesses. The first train to Ross was in 1855 and the last recorded stagecoach through Ross was in 1861. Our driver Sam died in 1851.

Photo: John Butterworth



The Yellow Belly stagecoach that Sam Hayward drove.

Photo: Eatlivesleepherefordshire



A turnpike in Ross

FIONA LEATHART

Monthly talks at the Larrupez Centre, 2.30pm

October 21: John Handby

Artificial Intelligence

November 18: Open Afternoon

December 9: Peter Gill

Musical Satire

LIFE STORY

Photos: Alzheimer's Research UK



Learning to live with dementia

My husband Bill, (not his real name) has recently been diagnosed with mild vascular dementia. Our world didn't really come crashing down then as all the signs had been obvious for sometime: the forgetfulness, the irritability and the slightly muddled conversations.

Five months on all these symptoms have amplified. His chronic depression, believed to be a contributory factor to dementia, has worsened, while I struggle with my patience, not great at the best of times. His mood pendulum seems to be swinging more rapidly; his speech less connected and more rambling. Daily household chores become a real chore. He still happily loads the dishwasher but the dishes go everywhere. He gets angry when I try to rearrange them.

Bill, 71, was a great engineer so DIYs were easily tackled. Today, some "projects", as he calls them, get abandoned halfway, much to his frustration. Those executed successfully give both of us great pleasure and relief.

But between the angry moments are the nice ones, with my dear old Bill showing his love with hand a squeeze, a peck on the cheek, or cleaning my muddy boots with a shake of his head and a smile. He is still erudite, regularly contributing comments to newspapers, especially for badly written articles. And he still drives the car with the same skill and care as he has always done.

I have learned to cope a bit, I think. I keep quiet when he's in a bad mood. I listen and respond amicably to reminiscences of his childhood, his work life, memorable moments in our 40 years of married life even though I know them by heart. I look for items he misplaces, without nagging.

However, the prognosis is not good. "It's going to get worse down the road," said the dementia support person over the phone. I am aware of this, but I hope it's a long road, like the one my friend's mother is on. She has had dementia for 11 years and still manages to walk her daily mile on Broad Street in Ross without looking lost.

Data on dementia make grim reading. Research shows there are currently an estimated 982,000 people living with dementia in the UK, a figure projected to rise to 1.4 million in 2040. But dementia support charities are a lifesaver, not just on the personal front but also pushing the UK's 'forgotten crisis' higher up the public agenda with strong publicity including hard-hitting ads. Alzheimer's Society's Long Goodbye gives a glimpse of how dementia devastates the lives of both sufferers and their loved ones. Like many viewers it's too upsetting for me. My personal favourite is the reverse Disney-style fairy tale of Prince Charming (above) by Alzheimer's Research UK.

ANONYMOUS CONTRIBUTOR

Briefly...

Dementia is not a natural part of ageing. It a set of symptoms associated with an ongoing decline of mental functioning caused by different diseases that damage the brain. It's not just about memory loss; it can make you confused in normal situations, and affect the way you speak and behave. Symptoms may be relatively mild at first, but they get worse over time. There are many types of dementia but Alzheimer's is the most common, with vascular dementia next.

There is currently no cure for dementia but there are treatments, including medication, that can help with a person's symptoms. A cure may be some years away but there are some very promising advances. Huge strides have been made in understanding how different diseases cause damage in the brain and so produce dementia.

Getting help

Alzheimers UK run a **Dementia Friends** initiative to change people's perceptions of dementia. It aims to transform the way the nation thinks, acts and talks about the condition.

It has been taken up by many organisations in Ross, to improve the shopping and hospitality experience. There are open sessions organised in the library for anyone interested in becoming a dementia friend.

The five key messages from the Dementia Friends are:

1. Dementia is not a natural part of aging
2. Dementia is a disease of the brain
3. Dementia is not just about losing memory, it can affect communication and undertaking of daily tasks
4. It's possible to live well with dementia
5. There is more to a person than the dementia

Web: dementiafriends.org.uk



Dementia Matters Here(fordshire) support people living with dementia. It offers a number of different services and projects, including developing social opportunities, across the county.

Email: dementiamattershere@gmail.com

Web: dementiamattershere.co.uk

Tel: **01432 804480**

In Ross we have a **Memory Cafe** at the Larruperz Centre on the 1st Tuesday of the month. Open to anyone with dementia together with their carer, organised activities include mental and physical exercise, and tea and cake. To attend, please contact rossmeetingcentre@gmail.com or **Elaine Leney** on **07506 992971** in advance.

Ross Meeting Centre meets every Thursday at Tudorville and District Community Centre for people and their carer with mild to moderate dementia. This is a long-term commitment and clients need to meet the criteria laid down by Dementia Matters Here(fordshire). Anyone visiting needs to have a formal diagnosis of dementia, living at home with support, and be able to make their own way there. There is a waiting list.

Each week a variety of activities are organised, including mental and physical exercise, reminiscence, crafts, song and music, and outings.

Contact rossmeetingcentre@gmail.com

Being an unpaid carer can be emotionally and physically difficult and can isolate your everyday life. The **Ross Carers Group** is part of the Carers for Herefordshire which provide support to unpaid carers, giving them a break from their caring role and an opportunity to speak to others facing similar challenges, to develop peer support and to improve their wellbeing. They meet monthly on the 1st Wednesday at 10:30 in Forest & Wye Community Church, 15 Henry Street.

Contacts: Ali Field: alimay.field@btinternet.com

Mark Eardley: mark.eardley@btinternet.com

Tel: 07932 831658

Crossroads Together Carer Links support carers throughout Herefordshire. They offer a range of services to help carers improve their health and wellbeing, including; one-to-one support, information, advice, advocacy and signposting.

Nick from Carers Links is available to speak to at the Tudorville and District Community Centre every third Thursday of the month.

Email: herefordshire@crossroadstogether.org.uk

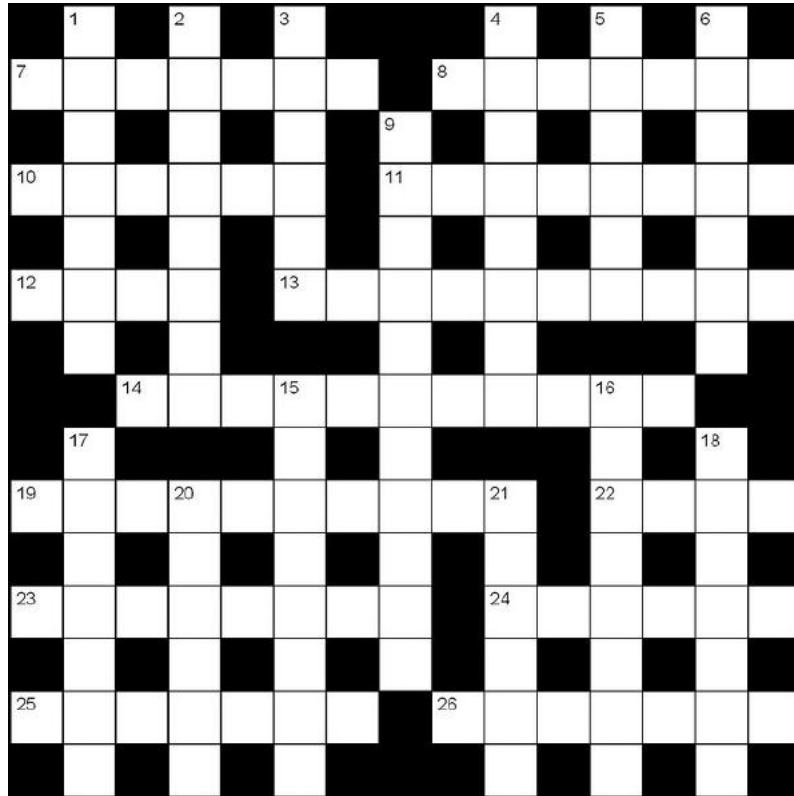
Tel: **01432 663057**

Herefordshire Talk Community Directory is a web-based directory providing information and advice about services in Herefordshire.

Web: talkcommunity.org

MARK EARDLEY

CRYPTIC CROSSWORD



Across

7. Tyros Trump incorporated election platform (7)
8. Deliriously happy expression from Goldberg? (7)
10. Shortening baking soda? (6)
11. I bin soda to smelt natural glass (8)
12. Glove worn by senator from 22? (4)
13. Name mentor and retabulate for affectation (10)
14. Cocktail found in toolbox! (11)
19. MIT reactor reconfigured: 9 down hardly one of these! (10)
22. Cut ahead encloses state (4)
23. Grim oafs reveal 9 down full of hot air (8)
24. Fake enhancement Stormy doesn't need! (6)
25. Style of lock on hog's rear? (7)
26. Caption rewritten for American sedan (7)

Down

1. Apoliticism includes being prudent (7)
2. Deep main separating UK and US? (8)
3. Biden's fall in stumbled circumstance (6)
4. Native sounds very quiet and shiny? (8)
5. Mad dog invective! (6)
6. Daniele wove cotton wrap (7)
9. Candidate Dan told to work on backside (6,5)
15. Comic, one to make productive (8)
16. Ex-VP Quayle had it refined for justness (8)
17. Former first lady name Lia upset (7)
18. Ah, manic - manic tribe (7)
20. Twerps - idioms with time for manner (6)
21. Coating felt no change (6)

Answers on Page 11

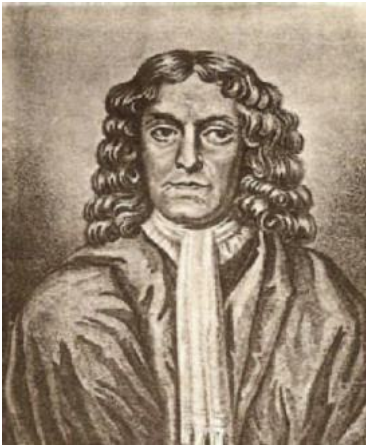
Another successful collaboration

On Tuesday, August 6, Councillor O’Driscoll officially opened our art exhibition. Members of Ross u3a Art Groups 1 and 2, along with the Baptist Art Group, collaborated to show our artwork. During the week there was a steady stream of visitors of all ages and we received many lovely comments about the art.

MARGARET HAY



John Kyrle’s big anniversary



Portrait of John Kyrle from Penny Magazine

Ross is this year celebrating the 300th anniversary of its most famous son, John Kyrle, with a series of events. The Man of Ross was a much-loved philanthropist known for his dedication to the Ross community.

Kyrle led a modest life despite being a wealthy man, and spent generously on the welfare of the small town. He took great interest in public works and the education of children.

Kyrle loved nature and planted trees all around and was he the man behind the establishment of The Prospect in Ross in 1700. The public garden on the hilltop just above Ross town centre was laid out with a viewpoint, walkways and a public fountain to provide clean water for the residents.

His name is commemorated throughout Ross, not only in The Prospect but in the 'Man of Ross' public house on Wye Street, his market square townhouse and the town’s secondary school.

Kyrle died on November 7 1724 at the age of 87, and was buried in the chancel of Ross Church.

This year’s anniversary is marked with a series of events including heritage walks, a festival of volunteering, a gala choirs concert, and a musical by the Students of eponymous John Kyrle High School. Details on The Ross Parishes website.

Christmas fayre

The popular Ross-on-Wye Christmas Fayre returns on December 1.

Eighty stalls selling arts and crafts, food and drinks, and gifts are set to add to the festive cheer alongside live music, Christmas carols and Santa’s grotto. The Christmas lights will be switched on at 4.30pm.

Organised by the Ross-on-Wye Town Council, the fayre received the ‘highly commended’ award for best large speciality market at the Great British Market Awards 2024 ceremony earlier this year.

That was the first time that the event had been nominated



and was up against several large markets from around the UK. Fingers crossed for next year!

CRYPTIC CROSSWORD ANSWERS

Across

7. Rostrum, 8. Whoopee, 10. Bicarb, 11. Obsidian, 12. Mitt, 13. Enamorment, 14. Screwdriver, 19. Meritocrat, 22. Utah, 23. Gasiform, 24. Falsie, 25. Pigtail, 26. Pontiac

Down

1. Politic, 2. Atlantic, 3. Tumble, 4. Shoshoni, 5. Goddam, 6. Delaine, 9. Donald Trump, 15. Economic, 16. Equality, 17. Melania, 18. Mahican, 20. Idiots, 21. Teflon

ROSS u3a GROUPS

Highlighted groups have space

GROUP	CO-ORDINATOR	TELEPHONE	MEETING TIMES	EMAIL ADDRESS
Ancient & Med History	Frank Bowden	01989 567125	3rd Thurs 2pm	frankbowden25@gmail.com
Armchair Opera	Alan Stringer	01989 562792	2nd & 4th Tues 12pm	alan.stringer26@outlook.com
Art	Margaret Hay	01989 763564	1st & 3rd Fri 2-4pm	m.hay008@btinternet.com
Art 2	Lynda Mower	07771 760052	2nd & 4th Thurs 10am-12pm	lynda.mower@btinternet.com
Astronomy Pending	William Lyons	07743 123903		u3a.ross.chair@gmail.com
Books	Ginny James	01531 821904	3rd Wed 11am	vljames1909@gmail.com
Books 2	Judith Mackie	07766 134956	4th Thurs 10am	judith@mackiehome.co.uk
Bridge	Rochelle Nash	01989 563195	4th Tues 2pm	nash_rochelle@yahoo.co.uk
Canasta	Pat Milnes	01989 762028	2nd & 4th Wed 2pm	patmilnes49@gmail.com
Chess	Dave Tomlin	01989 720455	1st & 3rd Thurs 10.30am	gorsleydave@outlook.com
Crafts	Joyce Meyer	01989 568607	Alternate Thurs 10am	sandiecotterell@gmail.com
Creating Your Life Story 1	Jane Travers	01989 562308	2nd Thurs 10am	bjaneww@aol.com
Creating Your Life Story 2	Jane Travers	01989 562308	2nd Tues 10am	bjaneww@aol.com
Creating Your Life Story 3	Jane Travers	01989 562308	3rd Thurs 10am	bjaneww@aol.com
Creating Your Life Story Men	Jane Travers	01989 562308	3rd Wed 10am	bjaneww@aol.com
Creating your Life Story 5	Jane Travers	01989 562308	4th Tues 10am	bjaneww@aol.com
Crewel Embroidery	Caroline Miller	07947 065247	2nd & 4th Mon 2-3.30pm	up7ailsa11@gmail.com
Cribbage	Suzie Kemp	07721 988125	1st & 3rd Thurs 2-4pm	witchiepoo_007@yahoo.com
Crime Books	Sally Beswick	07808 183911	3rd Thursday 10.30am	sally.beswick@hotmail.co.uk
Cryptic Crosswords	Phil Angus	01989 562455	1st Thurs 10am-12pm	pandsangus@gmail.com
Current Affairs 1	David Mason	01989 762022	1st Fri 11am	djmasonross@gmail.com
Current Affairs 2	Michael Wood	01989 769836	2nd Fri 10am	enawood1@gmail.com
Current Affairs 3	Mary Alam	01989 567009	4th Mon 2pm	marycalam@gmail.com
Cycle & Coffee	Yvonne McKeon	01989 567125	4th Thurs 10am	ybmckeon@gmail.com
French Revisited	Elizabeth Holleis	01989 565352	Mon 10am-12pm	keholleis@gmail.com
French Conversation	Jon Stern	01989 577020	1st & 3rd Tues 2-4pm	jon.stern.kimpton@gmail.com
Gardening	Maggie/Ken Jones	01989 568780	2nd Tues 2pm	collcost@yahoo.co.uk
Genealogy	Di Taylor	07425 154730	3rd Fri 11am-1pm	zpundit@yahoo.com
Genealogy 2	Judith Mackie	07766 134956	3rd Tuesday, 10.30am	judith@mackiehome.co.uk
Geology & Landscape	Tim Barrett	01989 567906	1st Fri 10am	trbarrett@btinternet.com
History of Science & Ideas	Brian King	01989 769736	3rd Fri 10am	margaretfrances@hotmail.co.uk
Jewellery-making	Nola Bates	01989 610150	1st & 3rd Thurs 10.30am/2pm	nolabates1@gmail.com
Keep Fit	Rae Duffield	07971 968469	Wed 11.30am	glasym@hotmail.com
Line dancing	Hilary Smart	01989 762383	1st & 3rd Wed 2-3pm	hilarysmart@ymail.com
Local History 1	Belinda Legge	07964 821930	1st Tues 10.30am	belinda@richardnet.co.uk
Local History 2	Diane English	07845 088497	3rd Thurs 2pm	di.english13@gmail.com
Mah Jong	Jane Collins	07887 768485	Every but 2nd Fri 10.15am	janelouisecollins@gmail.com
Mini Bridge	Roy Milnes	01989 762028	1st & 3rd Thurs 10am-12pm	roy5.milnes@gmail.com
Modern World History	Brian King	01989 769736	4th Wed 2pm	margaretfrances@hotmail.co.uk
Nature	Catriona Pearson	01989 769425	1st Mon 10.30am	catriona64@gmail.com
Philosophy	Brian King	01989 769736	1st Tues 2pm	margaretfrances@hotmail.co.uk
Photography	Gordon Hay	01989 763564	2nd Tues 10am	gordh777@gmail.com
Photography 2	Andrew Mackie	01989 750860	2nd Wed 10.30am	andrew@mackiehome.co.uk
Photography 3	Jac Ehlen	07968 351629	3rd Wed 10.30am	jacehlen@hotmail.com
Pickleball	Lesley Lyons	01989 769931	1st & 3rd Fri 2pm	gilmourlesley@yahoo.co.uk
Playreading	Anne Summers	01989 218432	1st & 3rd Tues 2pm	annemesummers@gmail.com
Pub Walks	Dixie Collins	07789 474091	2nd Fri 10am	dixie4028@gmail.com
Pub Walks 2	Carol Carney	01989 780787	1st Fri 10.30am	carolcarney001@gmail.com
Quiz	Mike Travers	01989 562308	4th Mon 10am-12pm	miketrovers1@hotmail.com
Rock Music	Mike Goff	01594 862640	2nd Tues evening	mikejgoff@outlook.com
Rummikub 1	Sandie Cotterell	01989 763546	1st & 3rd Tues 10am	sandiecotterell@gmail.com
Rummikub 2	Sandie Cotterell	01989 763546	2nd & 4th Wed 2pm	sandiecotterell@gmail.com
Science & Technology	David Colenso	07857 940143	2nd Mon 2-4pm	davecolenso@yahoo.com
Scrabble	Nola Bates	01989 610150	2nd & 4th Wed 2pm	nolabates1@gmail.com
SOLO	Caroline Miller	01989 569903	Wed 10.30am	up7ailsa11@gmail.com
Spanish Intermediate	Diana Wood	01989 562355	Mon 10.30-11.30am	diwood407@gmail.com
Spanish Beginners	Marilyn Reynolds	01989 564830	2nd & 4th Tues 10.30am-12.30pm	incaamba@gmail.com
Spanish Beginners 2	Marilyn Reynolds	01989 564830	1st & 3rd Tues 10.30am-12.30pm	incaamba@gmail.com
Table Tennis	Keith Westwood	01989 562697	2nd & 4th Mon 2-3.30pm	kw@keithwestwood.plus.com
Table Tennis 2	Catriona Pearson	01989 569425	1st & 3rd Thurs 2-3.30pm	catriona64@gmail.com
Tai Chi	Jane Travers	01989 562308	Thurs 2pm	bjaneww@aol.com
Theatre	Fiona Leathart	01989 565271	1st Thurs 3pm	leathart.holly@gmail.com
Walking	Vivienne Nutt	07812 826155	2nd Mon 9.30am	vivnutt@hotmail.co.uk
Whist	Rochelle Nash	01989 563195	1st Thurs 2pm	nash_rochelle@yahoo.co.uk
Writing for Pleasure	Marianne Wright	01989 762949	2nd Thurs 2.30pm	wrightmarianne9@gmail.com
Writing for Pleasure 2	Lynda Roger	01989 561045	2nd Thurs 2.30pm	lynda.rodger@hotmail.co.uk
Yoga	Marilyn Reynolds	01989 564830	Wed 11am	incaamba@gmail.com