

# u3a Newsletter

## Longridge

A quarterly newsletter that gives you a voice and keeps you up to date with the latest news and views



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## Dear Member

**Oh, what a day,** the 10th anniversary of Longridge u3a, who would have thought that we would all be together 10 years after the formation of the group. When I left home on the morning of the 18th May, my mind was all over the place, would everything be ok, would people come along. I needn't have worried, when I walked through the door at the Civic Hall, I was amazed, members everywhere, stands for all the different groups set up, group leaders all in position ready to explain their wares.

By this time, I was feeling extremely emotional, and tears came to my eyes. It didn't take long to settle down as the welcome I received was overwhelming and after speaking with my fellow founders, Sally, Jo and Allison, and getting the formal speech out of the way, a task I wasn't looking forward to, I was able to settle down and enjoy the day. It was lovely to watch the different groups strut their stuff, from circle dancing to ramblers, ukulele, "If I was in the u3a" sketch, cards, table tennis, art and a host of others. Extremely entertaining and informative.

My thanks go to all the people involved, group leaders, refreshment providers and all who played a part in putting on this fantastic day. With a growing membership and a great number of people working with the groups, Longridge u3a is alive and kicking. We now look forward to the next 10 years. My heartfelt thanks to you all.

**Yours truly**  
**Barbara Green**

## Message from the Chair

The Birthday Celebrations on the 18th May demonstrated, among other things, there are many people in Longridge who haven't yet heard of us and they are just the sort of people we need to attract because they fit our age demographic and have some time to spare. It is no accident that the recent surge in numbers and requests for new activities comes at a time when we have a Facebook presence and an exciting and colourful newsletter.

Many of the people joining recently are dynamic and energetic and are encouraging their friends to join. We have new candidates for the committee and feel confident that when some who have done their bit step down at the AGM in September, there will be willing candidates to replace them. No organisation thrives by standing still and we are moving forward with a bright future, with new ideas bubbling and good times ahead. The philosophy of u3a is that it belongs to every single one of its members and that we all put in what we can and take what we need.

**Sally Maxwell**



# A Picture Paints a Thousand Words





Don't forget our Longridge u3a Facebook page. To catch up on the latest posts and see all the most recent photos and videos click the link here:

<https://www.facebook.com/share/p/XLe2A1ucFFjmG993/?mibextid=K35XfP>

This is a private group for Longridge members only. To join, type 'Longridge u3a' in the search bar and request to join.

# Planes, Trains, Automobiles and Boats Takes Off

In line with our current theme of anniversaries, the launch of this new group coincides with some remarkable milestones that have shaped our transportation history over the decades. Local people and their families have worked in some of these industries, contributing to the amazing inventions and innovations that have brought us where we are today.

## Planes

The first flight of the English Electric Lightning Aircraft took place exactly 70 years ago in 1954. This revolutionary aircraft which entered frontline services in 1960 and was retired in 1988, saw the development of 337 planes. Those remaining are now museum pieces with the last three flown at Thunder City in Cape Town, South Africa until 2008.

Without doubt one of the most iconic aircraft ever designed and built was Concorde. Although not an exact anniversary, Concorde made its first Transatlantic crossing on 26 September 1973. However, in 1964, BAC's experimental 'mini-Concorde' made its first flight from Filton in Bristol.



The Tornado Aircraft is 50 this year. It made its first flight in 1974 and went into production in 1976, entering service in 1979. The aircraft formed the backbone of the RAF for nearly 40 years of continuous frontline service.

The Hawk Aircraft, also known for their aerobatic display as the Red Arrows, is 50 this year. It made its first flight in 1974, entering service in 1976 with over 1,000 sold to operators around the world. It remains in service today.



The Typhoon is 30 this year. It made its first flight in 1994 and went into production in 1998 and into operational service in 2003. This highly agile aircraft is designed to be an effective dogfighter in combat and equipped to undertake air-to-surface strike missions. It is flown by the RAF in the UK as well as in several other countries.

## Trains

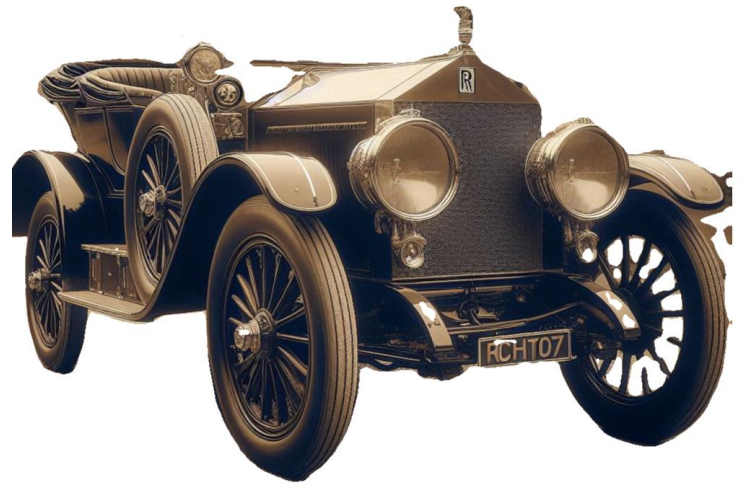
The Flying Scotsman appeared at the British Empire Exhibition in London in 1924, 100 years ago. It was built the previous year in Doncaster and was the first train to reach 100mph in 1934, a truly incredible feat for its time. It retired in 1963 and is now owned by the National Railway Museum in York where it is currently on display, before resuming rail tours later in the year. It returned to public ownership in 2004 with the decade-long restoration bringing it to working condition and certifying it for modern use. This has cost a staggering £4.2m.



## Automobiles

The first car was built in the UK by a 20-year-old gas fitter and plumber named Frederick William Bremer and made its first run on public roads in 1894, with a top speed of 9mph. It was the first British motorcar with 4 wheels and a petrol engine. By 1895 there was an estimated 14 to 15 cars on UK roads rising to the 10 million mark by the 1960's.

A 2-cylinder model was the first car built by Henry Royce in 1904, 120 years ago. Two years later after meeting CS Rolls his cars became Rolls-Royce. Following on from this was the era's most widely produced and available 4 wheeled car, the Ford Model T which was proclaimed the most influential car of the 20 century.



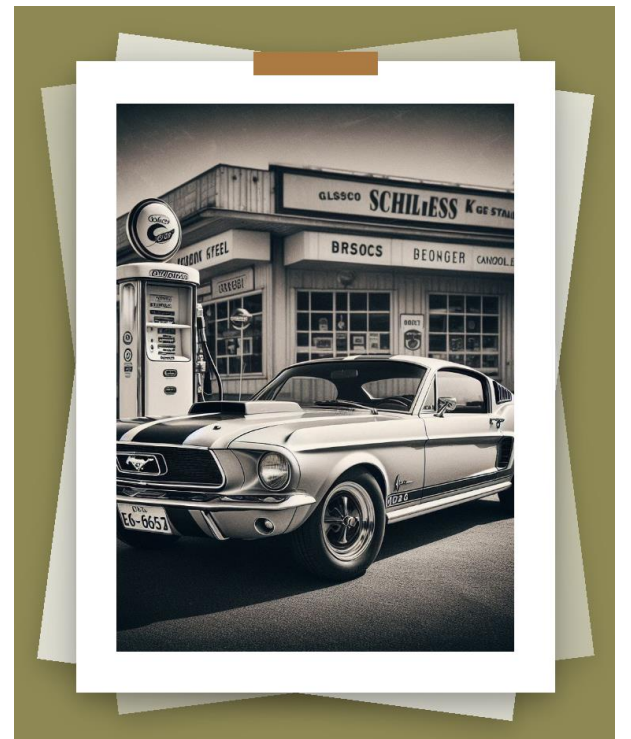
The Alfa Romeo Giulietta is 70 this year and was first introduced at the Turin Motor Show in 1954 as a 4-door saloon.

The early designs were known for their beautiful design and impressive performance.

The Ford Mustang is 60 this year and was first unveiled in 1964 at the World's Fair in New York, featuring in the film Goldfinger the same year. Also, for the film buffs, the 1969 Ford Mustang Mach 1 was John Wick's signature set of wheels and Steve McQueen drove the Ford Mustang GT in the movie Bullitt in 1968.



The Porsche Speedster model was introduced in 1954 as a low priced, stripped-down version of the 356 and is among the most sought-after Porsches by collectors. The 911 was introduced in 1964 and was thought to be ahead of its time. Since it first went into production over 1.2m 911 sports cars have been produced.



The first production Lamborghini was delivered 60 years ago in 1964. Manufactured in Italy the first models were noted for their refinement, power and comfort. They race in the most prestigious GT championships in the world.



The Volkswagen Golf is celebrating its 50<sup>th</sup> anniversary this year.

Production started in 1974 and was the first generation of small family car. It was renamed the Volkswagen Rabbit when it hit the shores of the US.



## Boats

Are there any boat anniversaries this year? Maybe someone can tell us if there are!

All aboard for the journey! The first meeting of Planes, Trains, Automobiles and Boats took place on 26<sup>th</sup> April at 7.00pm. If this celebration of transportation history has revved your engine, made you eager to hop on board, set sail, hit the road, and stay on track, you are welcome to join this exhilarating journey and become fellow travellers in our time hopping adventure. Promise, no one wears anoraks!

Disclaimer - Any mistakes are entirely the fault of Google!

## Books and Discussion Groups

If you enjoy reading, conversation and exploring new ideas, joining a book or discussion group might be something to consider.

They encourage us to look beyond our usual favourite choices as each group member brings along a different aspect to the theme.

Reading a book which we have not chosen or discussing a topic which might be considered controversial adds to our knowledge and diversity of the world we live in.

### Book Review

#### The Marriage Portrait by Maggie O'Farrell

I was attracted to this book because I am a fan of the author rather than the description of the story. However, I wasn't disappointed. It became increasingly gripping and tense with each page.

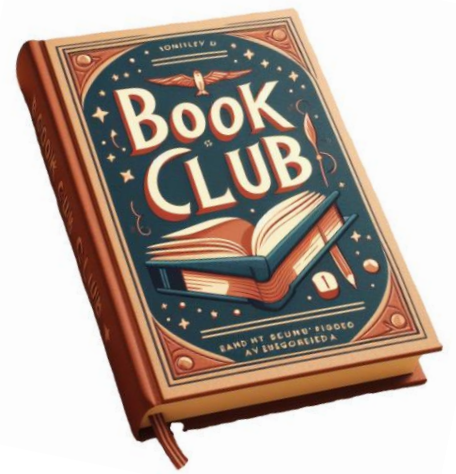
The story is about a young child forced into marriage at 15. The author creates a picture of an interesting and talented individual from Italy in the 16th century who doesn't want to be constrained by the marriage rules of titled young women from wealthy families. However, she reluctantly complies with her loving family and marries to become a duchess. The marriage is not a success.

The main characters were described so vividly; The Duke of Ferrari, Lucrezia's husband, Emilia, Lucrezia's wonderful handmaid/servant. The intrigue and mystery becomes stronger as the story progresses and the suspense increases page by page. The imaginative and surprising twist was the icing on the cake for me.

The book was inspired by true events of a young girl who tragically lost her life just one year into her marriage. Rumours swirled her husband may have been responsible for her untimely death.

There are currently 3 book groups with a 4<sup>th</sup> being planned.

**Jenny Doran, Convenor Book Club 2**



### Discussion Group

The discussion group prides itself on being friendly and inclusive with topics decided at the previous meeting. These can range from serious to the more light-hearted with everyone's contributions being appreciated.

#### Recent topics include:

Pros and cons of artificial intelligence. Recollections of childhood. Should it be compulsory for children to go to school. Football is for idiots: Discuss. Gender identity. Do we have the right to choose? Censorship has no part to play in humour. Desert Island Discs: A book a piece of music and a luxury. Is nationalism an outdated idea? The attractions of Longridge.

The discussion group meets on the 4<sup>th</sup> Wednesday of the month at The Station Building on Berry Lane at 2.00pm.

Why don't you give it a try?

**Helen Greenwood, Convenor Discussion Group**



**Could your group feature in the next edition? Send your story and/or photo by the end of August or have a chat with the editors, Pat and Barbara. We would love to hear from you.**

## An impressive line-up of New Groups could be on its way! which one will you join?

Yoga  
Art Appreciation  
Creative Writing  
Social History  
Aqua  
Bird Watching  
Cycling  
German  
Upcycle Art  
Crochet  
Tennis  
Walking Football  
Garden Visits  
Badminton  
Flower Arranging  
Pickleball  
Bus Pass Travel  
Guitar  
Theatre Visits  
Chess  
Singing  
Cooking  
Jewellery Making  
Wine Tasting  
Online Group  
Drama

To find out more about these groups or any other group, please contact the Groups Coordinator, visit the Longridge u3a Website or put your name down at the next monthly meeting.

### Monthly Meetings

These are held at the Civic Hall on Calder Ave in Longridge on the first Tuesday of the month, starting at 1.45pm. Please invite friends and neighbours to join, especially if they are new to the area. There will always be a friendly welcome.

Speakers for the next three months:

**August 6<sup>th</sup>** - The Barn Owl. Ron Blackburn has been a wildlife photographer for 47 years. He will cover facts, conservation and stunning images of the barn owl.

**September 3<sup>rd</sup>** - Annual General Meeting, with some surprises, maybe!

**October 1<sup>st</sup>** - 1000 years of upsetting the French. Michael Jackson is a popular speaker who never fails to entertain or question our knowledge.



### June Meeting

A big thank you to our speakers who stepped in at the last minute to deliver two interesting and informative talks. The following information may be of interest to those who were unable to attend.

**Lois Beaumont from The Lancashire Carers Service** talked about a range of services for informal carers. You may be supporting a friend or relative without realising you are a carer; or you may not know the support available to you as a carer. Apparently, one in eight adults are now providing unpaid care. To find out more about this invaluable service you can contact them on:

**North and Central Lancashire, for Preston.**

0345 688 7113, Option 2

**East Lancashire, for Ribble Valley**

0345 688 7113, option 1

**Dr Angela Parker from Fylde Coast Clinical Research**, who operate from Layton Medical Centre in Blackpool, explained about the inequalities of clinical trials across the country and how they were trying to increase access and opportunities for people in Lancashire. If you would like to become a research volunteer, you can register your interest and will be contacted about studies that may be relevant to you, your friends or family.

Go to <http://fccr.co.uk/join-our-registry>

## A Joyful March Under The Stars - Oh what a night!

Talk about all the buses coming together; they certainly did on the 18<sup>th</sup> May. The birthday celebration for Longridge u3a had finally arrived and also my 26mile moonlight walk in London, for the charity Walk the Walk, in aid of Breast Cancer.

My day started at 6am, walking my dog Jet and putting the plan, which took months of preparation, in place. The morning was spent setting up tables, putting up banners, blowing up balloons and doing my stint at circle dancing for the birthday celebrations before making my departure at 11am.

I met with my two fellow walkers Julia and Catherine at The Walton Fox, with Catherine's husband Mark offering to drive us down to London with their dog Jasper, who came along for the ride. When we arrived in London, we still had to catch a train to Clapham Station and walk the mile and a half to Clapham Common. It was a gorgeous day and we sat on the Common having a coffee and watching the cyclists, walkers and dancers; people just enjoying the lovely weather. The cocktails looked very enticing, but we resisted (honest!)



Fuelling up before the start of our walk, we booked ourselves into The Windmill for tea. As fellow moonlight walkers started to arrive, we walked over to the arena in plenty of time for our start time of 10.30pm. In the arena was the main entertainment stage with host and comedian Suzy Bennett, who also went on to complete the walk herself. There were the usual food stalls, merchandise and the obligatory face art. The fancy dress was fabulous with men and women with their fancy bras, sequins, feather boas and tassels while some wore large capes with fairy lights.

Thirty minutes before the start we had an aerobic warm up to get our limbs stretched and then, to the sound of music and falling confetti, approximately 6,000 people set off! Throughout the walk we had massive support with cars honking their horns, children hanging out of bedroom windows and people coming out of their homes and pubs to cheer us all on. The atmosphere was amazing! Marshals along the route were handing out water bottles, sweets, energy bars and fruit, controlling the traffic and generally cheering us on. A massive shout out to them all for volunteering, keeping us energised despite them having to stand there in the cold and be full of motivation. They were truly fantastic!

Buildings across the capital, BFI Southbank, Sky Garden, County Hall, the chimneys at Battersea Power Station and The London Eye to name but a few, were all glowing pink. Each mile was accounted for, and the miles started to eat up. From Clapham Common we walked along the Thames to Battersea Park, Lambeth Palace, London Bridge, St James Park, Hyde Park, Cromwell Road, Sloane Square, Mayfair, Knightsbridge (£11million for a property!). It was an experience walking through London at night: It is a place that never sleeps.

The last 2 miles of the walk were hard as by then the aches and pains had set in but there was no doubt we would complete the challenge. Determination and thinking of all those affected by breast cancer spurs you on. Although my friend Julia did pipe up, "don't forget the point 2 mile." "What do you mean," I asked. The walk is actually 26.2 miles. By that stage I really didn't need to know that!

Eight hours later, at 6.30am, we crossed the finish line to much applause and to receive our medals and a refreshing hot drink. Catherine's husband was also there and presented us with a glass of prosecco to celebrate. The Moon Walk London celebrated its 26<sup>th</sup> anniversary and raised over £2 million this year alone. Not an easy challenge but an unforgettable experience and raising money for a very worthy cause. I am extremely proud of the three of us.

Just 25 hours after leaving home I was back in my garden in the sunshine having a well-deserved nap. A great many thanks to all of you who have supported me, it means a lot.

**Joy Marsden - Speakers Secretary**

 **Update - Joy personally raised £591**



This is a new digital national u3a newsletter all members can sign up to. This new initiative brings together stories and interests from across the u3a movement and includes exclusive member offers. It can connect with members directly and keep you up to date and in touch with what is happening, when it's happening. To sign up click the following link:

<https://www.u3a.org.uk/get-involved/u3a-friends>

## Thinking by Walter D Whittle

If you think you are beaten, you are;  
If you think you dare not, you don't  
If you'd like to win, but think you can't,  
It's almost a cinch you won't

If you think you'll lose, you're lost,  
For out of the world we find  
Success begins with a fellow will -  
It's all in the state of mind.

If you think you're outclassed, you are;  
You've got to think high to rise;  
You've got to be sure of yourself before  
You can ever win a prize.

Life's battles don't always go  
To the stronger or faster man;  
But soon or late the man who wins  
Is the one who thinks he can.

## Just For Fun Sudoku

If you've never played this before, here are the rules:

1. Fill each cell with a number from 1 - 9.
2. Each row, column, and 3 x 3 box must contain each number (1 to 9) exactly once.
3. Some cells are already filled with a number, giving you a clue. Good luck. Solution on the back page.

3				7				
2		8	5	4		6		
	9						5	7
	6	4						2
1			3					
			2			1	9	6
	2	9		1			7	
8	5				3		2	9
						5		1

## Alphabet Survival Guide

# ABC

**D** - Don't give up before you even try!

You're not too old, too tired, too anything, you're younger than your tomorrow, stronger than you realise and wiser than you know. Don't give up before you even try.

*From Shelagh Richardson.*

**T** - Trespass at will. "It is better to seek forgiveness than to seek permission",

This is a trespassers charter and I have always trespassed, unless it says, "trespassers will be shot", as happened to me once in Nicosia when I entered the "closed zone" and a Cypriot guard raised his rifle. Otherwise, I trespass at will, ignore keep out signs, unlike my wife who always hangs back and obeys the signs!

*From Phillip Scales.*

**W** - Who you know! "It is not what you know, but who you know",

My mother was a wise old bird, She proved this by getting me four of my summer jobs (from University) as she knew the person in charge. The other one was obtained because my mates dad was in charge! I still use most of her sayings. *From Phillip Scales.*

Please keep them coming. Send your survival guide to:

[publicity4longridgeu3a@gmail.com](mailto:publicity4longridgeu3a@gmail.com) or drop it off at the next monthly meeting.

## Step Back to the Past

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ARE YOU READING THE **BOND** MAGAZINE?

Sole Manufacturers: **SHARP'S COMMERCIALS LTD.** PRESTON, LANCASHIRE

The Bond Minicar is a unique and fascinating piece of automotive history. Developed in the late 1940s by British engineer and designer Lawrence Bond from Longridge, the Bond Minicar was a three-wheeled microcar designed to provide affordable and efficient transportation during a time of austerity in post-World War II Britain.

The first prototype was built in Longridge, but later production moved to Preston following an arrangement with Sharp's Commercials Limited. The Bond Minicar featured a simple design, with a lightweight aluminium body and a small, fuel-efficient engine. It could reach speeds of between 30 - 50 mph and could travel 100 miles on a gallon of fuel. Its three-wheel configuration and no reverse gear, allowed it to be classified as a motorcycle, which meant it could be driven with a motorcycle license and was subject to lower taxes and insurance rates. Between 1949 to 1966, 26,500 models were built. Our Chair, Sally Maxwell, remembers her father owning one in the late 40's early 50's and today it remains a classic among car enthusiasts and collectors.

Click the link to read more about this iconic car. Unfortunately, the book is no longer available, but someone out there may just own a copy? <https://bondcars.net/index.htm>

# Hearty Tuscan Bean Vegetable Soup

Many of you commented on the soup served at the 10-year anniversary celebrations which was previously featured in TAM magazine. Thank you to all our wonderful volunteers who spent the day in the kitchen serving refreshments and of course this delicious soup. Give it a try yourself.

## Serves 4

1 tbsp olive oil  
1 red onion, chopped  
2 celery sticks, chopped  
2 carrots, sliced  
2 cloves of garlic, chopped  
1 medium courgette, sliced  
1 red pepper, sliced  
1 x 400g can chopped tomatoes  
2 tbsp tomato puree  
1 tsp runny honey, optional  
650mls vegetable stock  
1 tsp dried mixed herbs  
Salt and freshly ground black pepper  
1 x 400g cannellini beans, drained

## Solution to Sudoku

3	1	5	6	7	2	9	8	4
2	7	8	5	4	9	6	1	3
4	9	6	8	3	1	2	5	7
9	6	4	1	5	7	8	3	2
1	8	2	3	9	6	7	4	5
5	3	7	2	8	4	1	9	6
6	2	9	4	1	5	3	7	8
8	5	1	7	6	3	4	2	9
7	4	3	9	2	8	5	6	1

1. In a large pan, heat the olive oil, then sauté onions, celery and carrots for 5-7 minutes until softened.
2. Add garlic and courgettes and continue to cook, stirring for 1 minute.
3. Add red pepper, tomatoes, tomato puree, honey (if using), vegetable stock, herbs and seasoning. Stir well.
4. Cover and simmer for 20 minutes, then stir in beans and continue to simmer for 10 minutes.
5. Taste and adjust seasoning if necessary. Enjoy with crusty bread if serving immediately, or portion and freeze.

**Save The Date** All members are invited to a Ceilidh (Barn Dance) at the Civic Hall, 25 October 6 - 9pm, including hotpot supper. More details later.

## Longridge u3a Trustees and Committee Members

<b>Chairman:</b>	Sally Maxwell
<b>Vice-Chair:</b>	Elaine Green
<b>Treasurer:</b>	Monica Draper
<b>Secretary:</b>	Anne Haworth
<b>Groups Co-ordinator:</b>	Andrew Seed
<b>Membership Secretaries:</b>	Jenny Doran & Joyce Westwell
<b>Speakers' Secretaries:</b>	Amanda Lawrenson & Joy Marsden
<b>Webmaster:</b>	Reg Draper
<b>Publicity &amp; Newsletter Editors:</b>	Pat Gardner & Barbara Griffiths

The meetings are held on the third Wednesday of the month starting at 1.00pm at the Heritage Centre, next to the Station Café on Berry Lane.

## Contact Us:

### Email:

**Secretary:**  
[secretary4u3a@gmail.com](mailto:secretary4u3a@gmail.com)

**Group Coordinator:**  
[groupcoordinator4u3a@gmail.com](mailto:groupcoordinator4u3a@gmail.com)

**Publicity:**  
[publicity4longridgeu3a@gmail.com](mailto:publicity4longridgeu3a@gmail.com)

**Website:**  
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