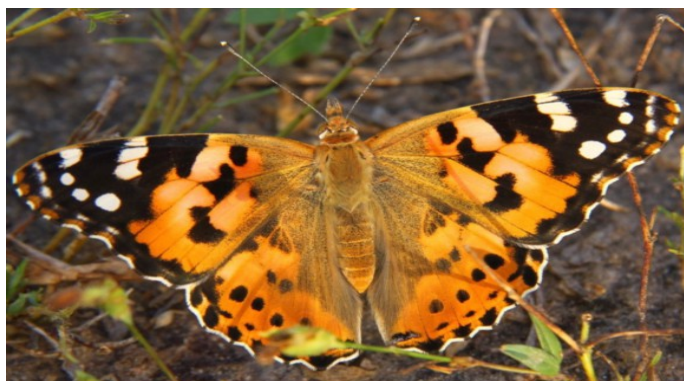




JULY NEWSLETTER

AGM – 15 July 2026

The AGM was well attended. The previous committee members who were standing for re-election were voted in and are all willing to continue in their roles, some carrying on as usual, others taking on new or additional roles.

However we are still in need of a committee secretary. This role has been considerably reduced and involves taking minutes at the monthly committee meeting, circulating those minutes to the other committee members and preparing the agenda for the next meeting.

Our chair Nav Lloyd thanked Ellie Hayes, Marian Foster, Jules Higgins and Jackie Fowke for their outstanding contributions to Winsford u3a over several years. Cards and Gift Tokens have been sent to each.

Another welcome announcement was the reduction in the annual subscription now that funds are healthier. The committee felt it is only fair that the whole membership should benefit from this situation. The annual subscription will be £7.50 from 1st September and the session fee will be reduced to 50p from the same date.

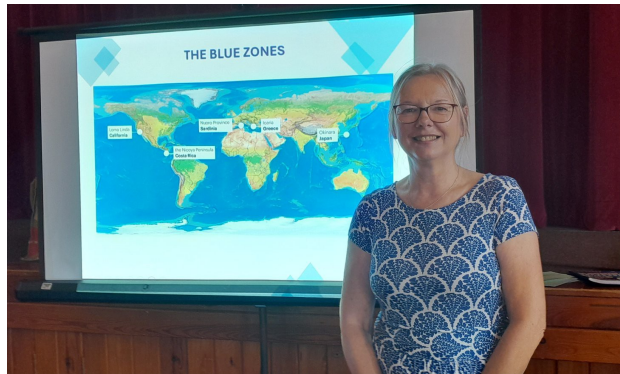
***YOU WILL BE SENT A REMINDER WHEN YOUR SUBSCRIPTION IS DUE BUT**

PLEASE PAY AFTER 1ST SEPTEMBER (BUT BEFORE 30th)

Also please pay by BACS as the bank is charging for paying in cheques. If you do not do online banking please ask a family member or a trusted friend to help. For the reference please use your surname and Membership No (if known)

And after the AGM.....

MONTHLY MEETING



Caroline Wilkes was our motivational speaker for July and her talk was very interesting. We learned about the Blue Zones where nutritional researchers had discovered a life style which not only prolonged life but the people were so much more active to a much greater age. The areas were Icaria a Greek Island, Nuoro Province in Sardinia, Okinawa a tiny Japanese island, the Nicoya Peninsular (Costa Rica) and a secluded religious community in California (not the first place you would associate with a healthy diet) The secret seems to be mainly a plant based diet, although by no means vegetarian but their meat and fish were fresh and sourced locally I think we were all impressed by one man she spoke of: who was born in Icaria but worked in America until he was 60. When he was diagnosed with terminal cancer he decided to return to Icaria. When the researchers spoke with him he was 102, looked very well in his photograph and lived to 104.

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**THERE** will be no monthly meeting in August but, looking forward to September Jackie has arranged a speaker who will appeal to all (we may have been a bit female-centric lately)

His name is Shaun Higgins and his topics include “Heroes in the Sky” and “Forgotten Tales of the Battle of Britain.”

The Battle of Britain took place between July and October 1940 – which is now 86 years ago. Never to be forgotten.

This will be on 16 September – usual time 2:pm, usual venue United Reformed Church hall, with refreshments and chance for a chat afterwards..

## GROUP NEWS

### Strollers

This month Jim took us on a walk starting from a favourite venue of u3a – The Plough in Whitegate. A very enjoyable walk in lovely weather but like my garden a little overgrown in places so we felt very intrepid trekking through the undergrowth. Of course we were in need of refreshment on returning to The Plough !!



### QUIZ

Chris was unwell and unable to host the Quiz this month so many thanks to Pauline Kilbourne who came to the rescue and saved the day. I heard everyone enjoyed the session so many thanks Pauline.

### REMARKABLE WOMEN

A welcome return after missing a couple of months for this group due to holidays (NOT only Bev !!)

Our theme was **Stars of the Silent Movies** and we chose Gloria Swanson, Lillian Gish, Clara Bow and Louise Brooks. All had very interesting lives and not always as glamorous as you might think.

## GARDEN VISIT

Another lovely day for the group who visited The Firs at Barbridge, near Nantwich. Beautiful gardens and again lovely hosts who provided delicious refreshments. Photographs by Margery Sherry – thank you.

\* This is one of the groups which will be running in August so Jo will let you have the details in due course.



## LUNCH GROUP

The latest venue for the Lunch club was The Blue Cap, Sandiway. With good food and good company this was another enjoyable afternoon organised by Marian. Thank you for this and the Tea & Chat afternoons too.

## FUTURE EVENTS

### END OF SUMMER PARTY

Date: Wednesday 2 September

Venue: Cons Club, Ways Green Winsford, Winsford, CW7 4AN

Tickets: £15.00

Time: 7.00- 11.00pm

DJ, Raffle and Buffet

**Payment due by 31 July please**

I believe there are a few tickets left.

Please contact Nav 07717 834351

### HALLOWEEN BINGO, BUFFET AND FANCY DRESS (optional)

Date: Wednesday 28<sup>th</sup> October

Venue: The Gate Inn, Delamere Street, Winsford, CW7 2NB

Tickets: £15.00 **Payment date t.b.a.**

Time 7.00 – 11.00pm

**\* Contact Nav (07717 834351) to book your place**

### CHRISTMAS AT ARLEY HALL

Date: 7 December

Venue, Arley Hall CW9 6NA

Tickets £15.00 (prebooked with u3a) +50p session fee) **OR** £20 (on the day)

Hall open 10:00am – 3:30pm (last entry 3pm)

Gardens open – 10.00am – 4.00pm (last entry 3:30pm)

**\* Name(s) to Nav if you want to go in u3a group      Payment date t.b.a**

This is a “self drive” event - meet in Arley Hall Car Park at 10am

Car Park charge is £4.00

### HALLE CHRISTMAS CAROL CONCERT

**Date:** 20 December

Venue: Bridgewater Hall, Manchester M2 3WS

Tickets £60.65

**THIS EVENT IS FULLY BOOKED**

## CHRISTMAS PARTY

Date: 9 December

Venue: Cons Club, Ways Green, Winsford, CW7 4AN

Tickets: £25.00

Time: 7.00 – 11.00pm

Live band and buffet

\* Contact Nav (07717 834351) re tickets if you have not got your name down yet. Payment date t.b.a.

## CHRISTMAS LUNCH

Date and Venue to be arranged when the menus are available.

Any recommendations will be considered.

## AND FINALLY.....

I saw this on the national u3a website – to paraphrase JFK.....

.....ask not what can your u3a do for you  
but what can you do for your u3a.

**For your information.....**

## **YOUR NEW COMMITTEE**

**CHAIR.....Nav Lloyd**

**VICE CHAIR.....Gill Rice**

**TREASURER.....Jo Coles**

**\*COMMITTEE SECRETARY.....Cathy Kirkin (Temp)**

**MEMBERSHIP SECRETARY.....Jane Dyson**

**BUSINESS SECRETARY.....Maureen Brown**  
**BEACON & WEBSITE ADMIN “**

**COMMUNICATIONS OFFICER.....Christine Kitchin**  
**COORDINATOR LIAISON/Room Booking “**

**ASSISTANT TREASURER.....Jan Berry**  
**HOSPITALITY TEAM MEMBER “**

**HOSPITALITY & FACEBOOK ADMIN..... Helen Shallcross**

**WELFARE OFFICER.....Fiona Barnsley**

**ADVERTISING.....Jackie Ingham**  
**SPEAKER ORGANISER “**

**EQUIPMEMENT ORGANISER.....Jim McCormack**

**\* Permanent role vacant at this time**