

July to August 2023 Magazine

Welcome to the July to August 2023 edition of our Magazine. This issue runs from 1st July to 31st August 2023.

Reports include:

- Photographs from 3 Groups who met during June 2023
- August Monthly Meeting—Thursday 3rd August 2023
- History Group Meeting — Thursday 17th August 2023
- Skittles Evening - Thursday 24th August 2023

Last update: 17th September 2023



Pictured above is the new Stratford-upon-Avon Marina on the River Avon, August 2023

Group Photographs



Left:
AmDram Group meeting at Sue Tringham's
for a drink and then on to the
Attic Theatre for 'Blithe Spirit'.



Monday Book Club meeting in
June. Weather was suitable for
an outdoor location.



Dinahs Group met in June 2023.

3 images provided by
Sylvia Crooks.

Monthly Meeting — Thursday 3rd August 2023

A Solo Walk Across Africa

Fran Sandham



The passage below is taken from his website: www.traversa.co.uk.

The speaker, Fran Sandham, was an editor at Rough Guides for several years and has worked in retail bookselling. He has travelled in over 50 countries and divides his time writing, public speaking and travel. He has written for many newspapers, magazines and travel publications, including the Sunday Times, NBC News, the Daily Telegraph, the Observer, the Financial Times, inflight magazines for KLM and Gulf Air, Adventure Travel, Travel Magazine, Travel Africa and Country Walking.

Fran started by talking about how and why

he came to do a 350 mile long walk across Africa. He was in hospital when he was 6 years old and read Tarzan comics which gave him a taste for the African jungle and he was fascinated by the Skeleton Coast in Namibia.

Then, at a New Year party he decided to do his big adventure! On his website he describes his thinking before the trek:-

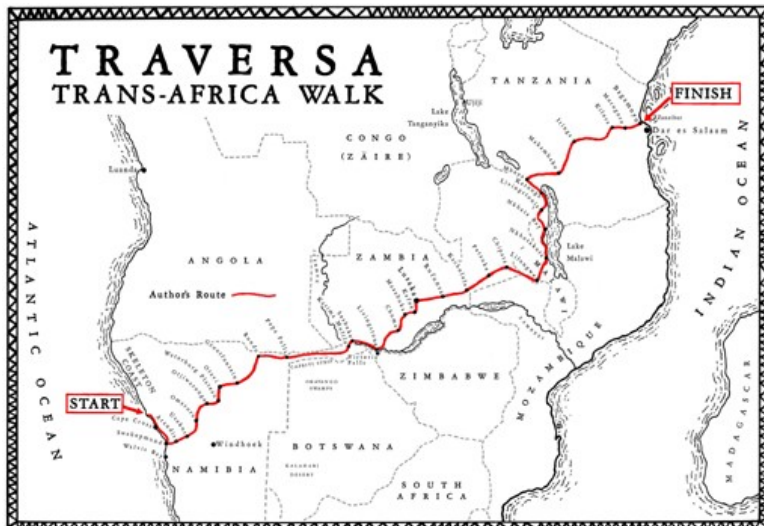
"The idea of crossing Africa on foot seemed already firmly established in many people's minds as some exceptionally difficult feat. And yet how many people had actually done it? I decided to walk every step of the way from one coast of Africa to the other, completely alone: no backup, no support team, no one to make arrangements for me, no one to carry my gear, no sponsors, no funding, no film crew, no journalists, no fuss, no cheering crowds, and no strings attached. Above all, it had to be on a one-way ticket: no safety nets, no get-out clauses and nothing to fall back on ..."

© Fran Sandham

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Monthly Meeting — Thursday 3rd August 2023

A Solo Walk Across Africa by Fran Sandham



There was a lot of effort needed to haul over the ever varying terrain.

A donkey was tried. With little experience of handling donkeys, this proved difficult and was abandoned, eventually.

The map above shows the route that Fran took for his walk from the Skeleton Coast in Namibia to the east coast at Zanzibar. All images from the author's website with his permission.

With a rucksack weight of about 100lb he did look into other ways of carrying his supplies and equipment.



One possibility explored was a truck, shown below.



It was a long journey, over 3,000 miles, and nearly a year in the doing. He was warned about bandits and never met any. Malaria was warned about but he never suffered until after the walk had finished.

For a full account of the walk read his book: **"Traversa"**

History Group Meeting - Thursday 17th August 2023
Perfumes - Group competition to produce a perfume blend - results judged by Mayor Kate Rolfe and past Mayor Gill Cleeve
Presented by Robert Tringham

Robert started with a bit of history of perfumes. The oldest written recipe and method for a perfume happened in India and was recorded in Sanskrit. The recipe involved sandalwood and roses. The oil was extracted by compression and then stored for 9 years or more until it could be used. Smell was the main characteristic tested for. This is dated to about 3000 BC

Probably the second oldest was for the King and Queen of Babylon. The recipe was a royal one, being allowed only for the Queen of Babylon and her daughters. It was written in Babylonian script and featured Jasmine and Roses.

Cleopatra bought some of it and used it to seduce Julius Caesar and, later, Mark Anthony.

Robert Tringham
 Right →



There were about 25 people in the meeting, some of whom volunteered to take part, in teams of 3-4, in a competition to produce their own perfume from the ingredients that Robert had brought with him.

Our Mayor, Kate Rolfe and her friend and past Mayor Gill Cleeve were on hand to observe and judge the results.

The ingredients were displayed on a table:-



Above—3 sets of ingredients on table



First set of ingredients—6 Base Notes

History Group Meeting - Thursday 17th August 2023 Perfumes Presented by Robert Tringham

6 Top Note Ingredients:



Ingredients being dispensed.:



8 Mid Note Ingredients

Each team decided what ingredients they wanted in their creation and came to the table with small bottle and a pipette and Robert dispensed the ingredients.

The finished bottles of perfume were then judged by the Mayor and Past Mayor and the winning team awarded a certificate.

The photograph below and the one on the following page are of Mayor, Kate Rolfe, and past Mayor, Gill Cleeve, testing the samples of perfume.



History Group Meeting - Thursday 17th August 2023 Perfumes Presented by Robert Tringham



Above: Stratford Mayor Kate Rolfe and past Mayor Gill Cleeve judging the perfumes.

Below: HoE u3a Chair, Jayne Jones, Robert Tringham & Kate Rolfe.



Below:

Winning Team: John Stagg, Pat Binsmead, Graham Orme and Joan Dawson.

Mayor Kate Rolfe & Past Mayor Gill Cleeve.



Skittles Evening - Thursday 24th August 2023

Hosted at Welford-on-Avon Bowls Club

Organised by Graham Orme

This was the first Skittles Evening for some years, due to the Covid Pandemic. It was the first time for Graham as organiser, probably even as an attendee. He did an excellent job accompanied by his faithful accomplice, Sylvia Crooks.



The Skittles Alley showing contestants, skittles and Graham & Sylvia

There were 26 members present after 5 could not attend. Previously, we usually had a couple of grandchildren from the membership to help with the running of the event, particularly by standing up the skittles between contestants and returning the balls to the bowling end. In the event grandchildren were lacking, but Sue Tringham did an excellent job, ably assisted by David Haggarty.

We had time for each contestant to have 2 goes, each with 3 balls. At halftime, the members partook of the buffet, which was excellent, with sandwiches, savouries and chips, followed by a dessert. The bar was open, of course, for soft drinks and beer.



Michael demonstrating the bowling action

Skittles Evening - Thursday 24th August 2023 (continued)



Another fine bowling action



Celia Jeffrey was the winner overall with a score of 16.



Lin bowls a good one



Nick Wells came in 2nd place.



The results of all the fine bowling



Mary Clarke was awarded the Booby Prize and was presented with a box of confectionery by Sylvia Crooks

Well done everybody and we hope you all had a good time.