

Monthly Meetings are held third Tuesday of every month at 2pm
Baptist Church, Etnam Street (*Doors open 1:30pm*)

July 21 st	Wills and Related Topics	Speaker: Jerry Carrington
August 18 th	Annual Garden Party at The Grange	

News from the Committee

The email address for submitting articles to The Knot has changed to
theknotu3aleo@gmail.com

We are introducing a monthly photographic competition open to all members! Each month, a category will be announced via the Knot. The committee will judge the best photo. As a prize, the photo will be published in the Knot. On a yearly basis, a winning photo will be selected from the monthly winners and the photographer will win a cup for the year.

Rules: One photo per person; digital, JPEG format; no larger than 4mb. AI or artificially manipulated photos will be discounted – they are just too pretty! Ensure your name shows below the photo. Please note, the photo size may be reduced to keep the page count of the Knot down.

Submission is by the normal submission date at the end of the newsletter and via the theknotu3aleo@gmail.com address. The photo can be inserted directly into the email.

First category is very topical – **Heat**. Good Luck, everyone!

Upcoming Events

Annual Garden Party at The Grange, 18th August 2026, 2pm

Tickets will be £6 per head for tea and cake and will be available to purchase at the next monthly meeting, direct from Gisela or on the day.

There will be a raffle (each entry ticket will also act as a raffle ticket with additional tickets sold on the day), a tombola, and a books and jigsaw stall, and hopefully more of Bob's plums for sale.

Anyone requiring gluten/dairy free cake should contact Sue McGough via email or at the monthly meeting. This is to ascertain the approximate numbers for the baker.

Any donations of items as raffle or tombola prizes are to be given to Gisela in advance.

A Day trip to Bath!

Thursday September 17th 2026. Leaving Leominster at 8.00am. £25per person.

Contact Lesley.ashby17@gmail.com

**ECHO Charity Duck Race on the River Lugg,
25th July, Midday at Bridge Street**

For further information, contact penny.weir@echoherefordshire.co.uk

AI and your u3a, online via zoom, 11th August 2026, 2pm

Contact JacksonJean@live.co.uk

This is West Midlands regional event

July Garden Visit Photos



August Garden Visit

Monday 3rd August. Westonbury Mill Water Garden, Pembridge. A44, 2 miles west of Pembridge on the left. Extensive Water Garden, numerous Folies. Plant Nursery and café. £8.50 (£7.50 fifteen or more) Tea extra.

All Visits start at 2.00pm. To attend put your name on the list at the monthly meeting or inform Mike Goodwin a week before the visit. Please indicate if you require transport.

Mikegoodwinle1@gmail.com tel. 01568 589290

National u3a Events

Listed below are just a few of the events on [u3a.org.uk](https://www.u3a.org.uk). Please visit the website for details and all events listings. There are many free events available covering numerous subjects, so please do visit [u3a.org.uk](https://www.u3a.org.uk).

- 2026 Essay Competition is now open – details at:
<https://www.u3a.org.uk/what-we-do/learning/learning-activities/essay-competition-2026> Closing date is 31st July 2026, 12 noon.
- A few small nips: Frida Kahlo and the art of pain. Online via zoom, 16th July 2pm
- Flight Inspirations aviation meeting with Flt Lt Colin Bell, WWII Mosquito Pilot.
Online via zoom, 4th August 10am
- Digital hobbies for the third age. Online via zoom, 11th August, 2pm

In addition to free events, there are Interest Groups Online, same as your local u3a but online. There is an annual fee of £12. IGOs include Armchair Archaeology, Exploring Prog Rock to Wine Appreciation. For information and how to join, visit www.u3a.org.uk/what-we-do/learning/interest-groups-online

Group Highlight



Sewing Bee is a relatively new group which grew out of the Arts and Craft group. It meets twice a month on the first and third Wednesday afternoon. Members like sewing by hand or machine to create garments, bags and soft furnishings.

The idea is to get together to advise, help and inspire each other in our creations. Long term, some members would like to design and create their own patterns in addition to using and altering pre-existing patterns. Recycling fabric and remodelling existing garments into new items is also something we hope to do.

A two-hour session spent with people who share a common hobby passes quickly and if we are not too absorbed in our work, we try to remember to get the refreshments before the session ends.

Contact: Sue McGough. Suemcgough99@gmail.com

And finally...

Barnaby's Woolly Socks - Anonymous

The U3A Art Group's first foray into life drawing was a lesson in expectations. Our coordinator, Arthur, promised a "classic, athletic model." We prepared our charcoal, expecting a Greek god. Instead, in walked Barnaby: a local retired butcher, wearing nothing but a strategically placed newspaper and a pair of woolly socks to keep his feet warm. "The drafts in here are terrible," Barnaby grunted, striking a pose like a disgruntled statue. By break time, half the class had accidentally sketched the Daily Mail crossword. Still, we agreed it was a triumph; we finally mastered the difficult art of drawing wrinkles.

Tretower Court and Castle Crickhowell, Wales. Visit by the Architectural Heritage group



A small number of U3A members took advantage of the CADW educational visit scheme to explore their sites for free. Our group was becoming interested in using AI for our Architectural Heritage research and so I used it to write a short introduction and history for our destination, Tretower Court - useful for email correspondence and publicity. AI also came in very handy when I was informed we needed a Risk Assessment - less than five minutes for a document relevant to our age group and CADW requirements.

The weather forecast for our day trip was pretty dire, but our luck was in and the clouds lifted for the scenic journey through Wales. The rain held off long enough for us to complete the tour of the Court and then look round the lovely gardens and old castle. The visitor reception team were delightful and gave us a special introductory talk to the buildings. In our preparatory meeting, we had had fun asking AI to design that tour of Tretower Court with special emphasis on the medieval stonework and kitchen. Chat GBT had produced an itinerary divided into 10 mins segments with roughly three things to look out for at each stage. We no longer have that two-page guide as the CADW team were intrigued and asked if they could have it after we finished!

We had also spent time interrogating other AI sites for details of medieval masons by name and they "threw out" such interesting information and biographies, we were very impressed. So we now have an alternative to using Wikipedia!

MAHJONG

The sound of sparrows twittering,
So the Chinese say,
When hearing the clinking,
Of Mahjong tiles in play.

It's Friday, I'm here at the Club,
For another mahjong game,
Followed by lunch at the pub,
This morning, to enjoy is my aim.

Here with friends who often win
Hand after hand with relaxed ease,
They laugh and talk, quite a din,
I wish I could pick a tile to please.

Rules are rules, and from the wall
Single tiles we have to pick, until
One sharp player makes the call,
"I'm Fishing" and nabs a tile at will.

Game over. We build the wall again,
Tiles collected, a random thirteen,
Red and black, not all the same,
Honours worth more than they seem.

Play on, it's just for fun,
We're here for company and chat,
Nobody cares who may have won,
Off to the pub, don't forget your hat.



Sheila Mellor, Leominster.
Sunday, 3rd May 2026

Did you know?

July 1772: The Leominster Baptist Church officially opened on Etnam Street. It is now a Grade II listed building. The site includes the original 18th Century red brick building and of course, is home to our u3a's monthly meetings.

Until the 18th century, the word 'July' in English was pronounced so it rhymed with words like Duly and Truly.

Watch out for the weather on St. Swithin's day, 15th July – we'll have the same weather for the next 40 days!



St. Swithin, a 9th century Bishop of Winchester, died in 862 and was buried outside the cathedral so he may hear 'the sweet rain of heaven'. He was displeased when he was reburied in 971, in a lavish shrine and cursed the land, marked by a sudden storm. He was then considered to control the weather; recorded in a 12th century, was the verse:

*St Swithin's day, if thou dost rain
For forty days it will remain
St Swithin's day, if thou be fair
For forty days, 'twill na mair*

Do you have a funny story or anecdote you would like to share? Do you have a particular hobby or interest that you could tell us about. It's your newssheet, let's see more member contributions please. Send to the Email address at the bottom of the page, or give a copy to a member of the committee.

Deadline for all submissions is 11th August, 10:00am. Submissions after this date will appear in the following edition of The Knot.

Tel. numbers are Leominster (Code 01568).

Visit our Website <https://leominster.u3asite.uk/>

Please send contributions to theknotu3aleo@gmail.com

Architectural Heritage Meet on 2nd Monday am, of the month. Contact Diana Emes dphemes@aol.co.uk	German Meet on 2 nd & 4 th Tuesday afternoon. Contact: Ursula Merchant shortpimple@yahoo.co.uk	Reading Group: ABC. Meet second Monday afternoon of the month. Contact Jen Atkins jenatkins@btinternet.com
Art and Crafts Meet on 2 nd & 4 th Thursday at 2pm. Contact Hilary Tuite hilaryatc@btinternet.com	History Meet 3rd Thurs of the month 2pm. Topics chosen by group members. Contact Jenny Holliday jbhxl@yahoo.co.uk	Reading Group: Great Escapes Meet 1 st Monday of the month at 2.00pm. Contact Adrian Garai adrian.garai53@gmail.com
Book of the month Meet 4 th Friday of the month at 11am. Either ebook or audio book. Contact David Stacey davidrstacey@gmail.com	Family History 4 th Monday of the month 2pm in Shobdon. Contact Rachael Hellberg rachael.hellberg@gmail.com	Sewing Bee 1 st and 3 rd Wednesday of the month, 2pm - 4pm. Contact Sue McGough suemcgough99@gmail.com
Bridge Improvers Tuesday am, in the Community Centre. Contact Mike Goodwin mikegoodwinle1@gmail.com	Italian Meet 1st Weds each month at 2pm. Contact Ursula Merchant. shortpimple@yahoo.co.uk	Twice around the Grange Walk and coffee Fridays Meet at 10.00 am on the Grange. Contact Gisela Lehmann giselavernon2@gmail.com
Current Affairs Meet on 3rd Wednesday of the month. Contact Joan Liddle joangliddle@talktalk.net	Mah-jong & Scrabble Meet Fridays fortnightly 10.00 am at the Community Centre. Contact Joan Liddle joangliddle@talktalk.net	Walking First and third Thursday in the month. Please check website for details.
French Conversation Meet fortnightly on Wednesday am. Contact Hilary Currie. hilaryalice@gmail.com	Leominster Lads 2nd and 4 th Thursday afternoon. Contact. Dave McGough David.mcgough99@gmail.com	Welsh Beginners 2 nd & 4 th Mon afternoon of month. Contact: Sandra Gulley sandra.gulley1@gmail.com
French Intermediate Meet on 3rd Wednesday of the month. Working through a French text book. Details from David Stacey davidrstacey@gmail.com	Modern Technology Help with IT, tablet and phone issues and usage. Our meetings will be on the 2 nd Wed. of the month at 2pm. Contact David Stacey davidrstacey@gmail.com	
Garden Visits Start in Spring 2026. Contact. Mike Goodwin mikegoodwinle1@gmail.com	Pub Lunches Sign up at the Monthly meeting or Contact Eileen Garvey eileengarveybramley@gmail.com or Jen Atkins jenatkins@btinternet.com	

Note: Telephone numbers can be obtained from the Yearbook