

April 2021

WELCOME

Welcome to the Bridport u3a Newsletter for April 2021. You can now find this and all previous Newsletters on our website under News.

Thank you to everyone who has taken the time to comment on our Newsletters, and we welcome all suggestions. If you have anything you would like to be included in future Newsletters, please send your submissions to newsletter@bridportu3a.org.uk and we will do our best to use as many as possible..

ANNUAL GENERAL MEETING (AGM)

NEWS

Our AGM is normally held about May each year, and last year we held it online via Zoom in August because of lockdowns and ongoing restrictions. After careful consideration, we have decided to hold the AGM by Zoom again this year, on 15th June at 2pm, and hope that as many people as possible will be able to participate. We will let you know further information nearer the time.

GETTING BACK TO MEETING IN PERSON

Whilst we are aware that many people cannot wait to get back to real-life meetings again, equally there are many people who are reluctant to rush into this and want to go more slowly. At the moment, our first monthly talk that we are scheduling as a traditional face-to-face meeting is in October, circumstances permitting. We do hope to be able to hold a coffee morning (or several if numbers remain restricted) before then, and will keep you up to date as we can firm up plans, with everything of necessity remaining fluid at this time. Hopefully we can all get back together again safely in the coming months.

MEMBERSHIP RENEWALS



it's time to
**RENEW YOUR
MEMBERSHIP**

This is a reminder that your membership renewal was due on the 1st April. It remains at £15 per year, which is lower than many u3as, and after paying the capitation fee to Third Age Trust means we keep less than £1 per month, so pretty good value for money for what we continue to offer our members even during lockdowns.

Thank you to all the members who have paid their subscription for the current year, and for continuing to support us in these difficult times. Your membership subscription is our only source of income, and without that we would not be able to offer any groups, now or in the future.

DATA PROTECTION PRIVACY STATEMENT

We have a revised Privacy Statement that tells you about the data we hold about you, and your rights concerning that data. You can find it in the Downloads page on our website. If you have any questions arising from this or cannot access it via the website, please email datacontroller@bridportu3a.org.uk.

JUST FOR FUN - DOWN MEMORY LANE



(answers are at the end of this Newsletter)

The 50s

1. With which song did Emile Ford and the Checkmates have the last UK Christmas number one of the 1950s?
2. On 6th February 1958 BEA flight 609 crashed with the Manchester United football team on board. They were on their way home after playing a European Cup match against which team?
3. Who tendered his resignation as Prime Minister in October 1951?

The 60s

4. In which year of the 1960s was the film The Sound of Music released?
5. The 'trimphone' was a famous gadget from the 60s. The first 4 letters were actually an acronym. What did TRIM stand for?
6. Which 1965 film was directed by David Lean and starred Omar Sharif and Julie Christie?
7. Which children's TV characters ate green soup supplied by the soup dragon?

The 70s

8. In which year in the 70s was the film Jaws released?
9. What were the first names on Starsky and Hutch?
10. Which 'Carry On' actor starred in the 70s sitcom Bless This House?

AT HOME GROUPS

As I am sure you understand, it is difficult for your committee and Group Convenors to keep all

activities running at the moment. Meantime, many groups have been meeting online (often via Zoom) and a wide range of new groups have been set up specifically to run online, such as our 'At Home' groups, which include:

- Art History*
- Birdwatching*
- Broadcasting*
- Classical Music*
- Coffee Time Discussion Group*
- Creative Writing*
- Exploring Art*
- Family History Group*
- Haiku*
- History*
- IT Self Help Group*
- Knit & Natter*
- Limerick Club*
- Dorset Museum*
- Non-Fiction Club*
- Opera*
- Poetry & Verse*
- Political Discussion*
- Puzzles for Fun*
- Thomas Hardy Poetry*
- Monday Coffee time Chat*

Our website now has a Diary by Day of Week for groups that are currently active, on the Diary page.

APRIL MONTHLY MEETINGS

This month's talk is on Tuesday 27th April at 2pm, when Kay Townsend takes us back to the 50s and 60s freak shows, Wal of Death and fled circus in 'Life Behind the Sideshows'.

Members will be emailed a link to join these presentation a couple of days before the event.

The talk for May is "My Musical Life in Russia" by Prof. Gerald Seaman on Tuesday 25th May.

Further information in next month's Newsletter.

GROUP NEWS.

At the moment, groups of up to 6 people are permitted to meet outdoors with appropriate precautions, including social distancing, but no indoor meetings are allowed.

If your group decides to meet outside, please remember to advise the Groups Co-ordinator. The Group Convenor should also complete the Risk Assessment for the group, and individual members should complete their personal Risk Assessment forms, both of which can be found in the Downloads section of the website. These should also be submitted to the Groups Convenor before the first meeting, and be retained for possible future inspection eg in the event of an insurance claim, track and trace etc.

This is not something dreamed up by the committee, it is national policy.

If you do not comply with u3a guidance you cannot meet as a u3a group.

Please note, the advice from government is changing all the time, so it is important that you each keep up to date with regulations as they apply to you. As part of the wider u3a movement, we must take our guidance on what we can do from the Third Age Trust, not least because not complying with their advice means our insurance is invalid.

The Third Age Trust has a link to Covid-19 advice on u3a activities. A direct link to the most recent advice is available here:

[Covid 19 Advice – Click here](#)

SHORT COURSES

We are proposing 3 new short courses, about Websites, about Facebook and the National Grid in West Dorset. Further details will be provided soon, but in the meantime if you are interested in any of these, please let the Groups Co-ordinator know.

Our Fraud talk on 6th April was very informative and quite humorous. The speaker has sent us a

handy Guide to preventing fraud, The Little Book of Big Scams, as promised, and this can be found on the Downloads section of our website.

NEW WEBSITE

Our new website (bridportu3a.org.uk) is live, and content is increasing regularly. If you haven't already had a look, please do so, and let us know your views.

Some interesting statistics about the popularity of our new website: over a typical period of 7 days we are getting 530 unique visits and these result in 8,318 page requests. So it is proving to be popular and useful, with new items added on a regular basis.

Can you help? One section is currently absolutely empty, the Gallery. Please can you send any photos you have of u3a activities, meetings, events etc to Tony Dix at webmaster@bridportu3a.org.uk. Please note, if there are any recognisable people in the photographs we cannot use them unless you include a photo permission form with the photo. The forms are available in the Download section of our website.

GROUP SPOTLIGHT

If you would like your group featured here in a future edition please send information to newsletter@bridportu3a.org.uk

One of our members has expressed an interest in being part of a chess group. If you already play chess and would be interested in joining such a group a member or group convenor, please email our Group Co-ordinator Paul Tebbutt at groups@bridportu3a.org.uk

MONTHLY LIMERICK CHALLENGE



Each month the Newsletter will bring you a suggested first line for a limerick, and publish some of those submitted from the previous month (using contributors initials only).

*There was an old man from Skilling
Whose wife was extremely willing
To bake her own biscuits
But if you tried them, its
Likely you'd need a new filling
(SS)*

*There was an old man from Skilling
Who was most awfully willing
To act and recite
From morning til night -
As long as he got top billing!
(AR)*

If you want to participate, please create a limerick with the following first line:

'There was an old artist from Frome'

Please send your contributions to limerickclub@bridportu3a.org.uk by 30th April and a selection will be printed in the next Newsletter.

MONTHLY LOCAL PHOTOGRAPH

Each month we will publish a photograph of a local scene. Please submit your photographs to newsletter@bridportu3a.org.uk and let me know when and where it was taken, and if you want to be acknowledged as the photographer or remain anonymous.



By TR, In a Field Near You

NATIONAL u3a

Did you know that Third Age Matters is also available as a text-only download that can be

[Third Age Matters – Click here](#)

read by text-readers, so anybody with a visual impairment can still enjoy the national magazine? The link is available here.

More information about national online groups,

[Newsletter sign-up – Click here](#)

the latest u3a Covid guidance, projects, research and much more can be found in the national u3a Newsletter, which you can sign up to here.

ZOOM & OTHER TECHNOLOGY

If you are looking for technical help with Zoom, please refer to previous Newsletters for sources of help, or 'attend' the IT Self Help Group.

OUTSIDE u3a

Please note There is a different listing in each Newsletter so for other sources please refer to previous editions, available in the News section of our website. Also, some entries are time-sensitive, particularly free give-aways, so action these promptly if you are interested.

CareVisions Healthy Ageing have a wide variety of free to attend zoom classes, including health

and well being, exercise, science, art, music, crafts, cooking, literature, singing and more. Their main website is carevisions.co.uk or to simply view and attend a zoom session directly (no pre registration required) go to

CareVisions link – Click here

Olive magazine has a wealth of free online recipes to try, with beautiful photography. I was captivated by the spring-fresh rhubarb and custard cheesecake, memories of childhood! To see this and many more go to

OliveMagazine link – Click here

I can't attest to how delicious it was, I simply stewed my rhubarb and ate it with lots of cream, but I enjoyed looking!

Gardeners World are focussing on vegetables to sow now, including in containers for those without vegetable plots.

Gardeners World link – Click here

The Festival of Quilts was held as a virtual event. You can view all of the entries to the competition by clicking on the link below and even if you are not a quilter, there are some stunning pieces to view.

Festival of Quilts link – Click here

The Creative Craft show is online on Sunday 17th April. A ticket costs £7.99, and for that you get access to over 50 hours of craft projects, workshops and workshops, which will remain available until 29th May. Crafts include felting, sewing, quilting, embroidery, paper craft, yarn, jewellery, printing & dyeing, and mixed media. Plus a shopping area. Check it out and view the show guide at

Creative Craft link – Click here

We have all been stuck indoors for so long, often in front of screens, and we need to exercise for our health. These are some simple yoga chair exercises.



Continuing the theme of exercise, **Re-engage** (the charity that used to run tea parties) have compiled the top 5 exercises for older people, and tell you how to do them.

Whilst these are intended for a Welsh audience, I find I have the same physical characteristics...

Re-engage link – Click here

Mastercrafts was a wonderful BBC series broadcast a few years ago covering 6 different crafts, Thatching, Blacksmithing, Stained Glass, Stonemasonry and Green Woodcraft. I was delighted to find the 6 episodes on Youtube recently

Mastercrafts link – Click here

Thanks to a newly created high resolution update, you can explore every stitch of the **Bayeux Tapestry** online from the Bayeux museum

Bayeux Tapestry link – Click here

Bridport Library Service

has free e-books, audio e-books, e-magazines, e-newspapers and ancestry resources that library members can access from their own devices. Membership is free too.

ANSWERS TO JUST FOR FUN

1. What do you want to make those eyes at me for?
2. Red Star Belgrade
3. Clement Attlee
4. 1965
5. Tone Ring Illuminator Model
6. Doctor Zhivago
7. Clangers
8. 1975
9. David Starksy and Kenneth Hutchinson
10. Sid James

Until next month

Stay safe

Bridport U3A Committee