

March 2021

Zooooooooooooom into action.....

As a direct consequence of our email to all members sent on 20th February, we were delighted to learn that another of our u3a groups that had not been active due to current restrictions, has now been able to start-up again using Zoom!

So, if you're in a group that hasn't met-up, but could do so using Zoom

or

You've got an idea for a new group but are unsure about how to get started using Zoom - help is at hand. Please email our Group Coordinator, Paul Tebbutt at groups@u3abridport.co.uk who will be able to put you in touch with someone who can assist you.

Whilst it is great news that the Government has published a timetable for the route back to "normality", it will still be several months before we are able to return to our regular way of operating. Zoom provides the opportunity to fill the gap in the meantime, so our message is:

"Give Zoom a go!"

WELCOME

Welcome to the Bridport u3a Newsletter for March 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.

YOUR u3a NEEDS YOU!

****This is an urgent appeal for help****

Bridport u3a is run by the members for the members. We have no paid staff. Everything is done by volunteers. Without volunteers we cannot function.

At our AGM this year (date tba) 3 of our Officers will be standing down after many years service. This means we will have vacancies for a Chairperson, PR person and Groups Co-ordinator. Importantly, we are simply not allowed to operate as a u3a if some of these Officer roles are not filled, so it is over to you, the members, to step forward if you want to keep your u3a. If there is

no response, Bridport u3a will cease to exist after the AGM.

Because these are official positions, there are role descriptions available on the u3a Trust's website, or they can be emailed to you on request from newsletter@bridportu3a.org.uk. If you would like an informal chat with the current post holders to find out more about what is involved, please contact them to arrange a telephone conversation, details on contact page of website.

Without your help, there will be no u3a. Please consider volunteering if you can.

MEMBER RENEWALS



This is a reminder that your membership renewal is due at the end of this month, you will be getting an email or letter reminder soon. It will remain at £15 per year, which is actually 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 offer our members.

We understand that some of you do not want to pay for membership whilst we cannot meet in person, which is something we are all looking forward to doing again. However we do have a good online offer in place for members during this pandemic. We have more than 30 groups operating albeit differently, a regular programme of monthly talks, and a monthly newsletter to keep you all informed, together with our new improved website. This is more than any other local u3a, several of which have been closed completely since last March. It is thanks to our team of hard working volunteers that this is all in place, and we have been able to pay for additional technology to support these activities.

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.

*You may wonder how your money has been spent in this last year. Our main cost is the £3.50 per person we pay to the Third Age Trust (going up to £4.50 next year). In addition we pay the cost of posting out Third Age Matters to all members who receive it, and our other postage costs have been higher (not all our members are on email). Also we have continued to pay for monthly speakers. The biggest reduction in costs has been for hall hire, although some were contracted and paid for in advance of the lockdown. We have also had higher technology costs this year. To support Zoom and our new website. Together with a reduction in income due to members not renewing, we have actually had a reduced surplus this year from previous years.

JUST FOR FUN - DOWN MEMORY LANE



(answers are at the end of this Newsletter)

The 50s

1. Which toy was invented in 1958 when Arthur K 'Spud' Melin and Richard Knerr took a simple old-fashioned idea and turned it into a fifties fad?
2. What was the name of the radio station which broadcast music and light entertainment from 1945 to 1967 and was later re-branded as Radio 2
3. In the National Health Service Act of 1952 prescription charges were introduced on the 1st June, how much did they cost?

5. In which year were Premium Bonds introduced?

The 60s

1. John F Kennedy was assassinated in 1963, but in which month?
2. Who had hits with 'Don't Treat Me Like a Child', 'You Don't Know' and 'Fever'?
3. Which puppet was designed in 1962 and was originally voiced by Ivan Owen?

The 70s

1. What did 'Tiswas' stand for?
2. Who was Prime Minister of the UK for the longest during the 70s?
3. What was the name of the jester in 'Rentaghost'?

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*
- Board Games*
- 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*
- World Service Archive*
- Monday Coffee time Chat*

Please see our website for further information.

MARCH MONTHLY MEETING

Our March talk is as advertised in your booklet, *The Dorset & Somerset Air Ambulance* by Debbie Birtwhistle at 2pm on Tuesday 23rd March, via Zoom. Members will be sent the joining link a few days before the event.

Our April talk is also as advertised, on Tuesday 27th April, a talk by Kay Townsend, *A Life Behind the Sideshows*, online via Zoom.

GROUP NEWS

As we will continue to be operating virtually for some months, it would be much appreciated if Group Convenors would contact any of their members not connecting with the group using Zoom or other technology, to see if they would like help to engage online, and to signpost them to the IT Support group for any additional help necessary.

Some of our other groups are managing to continue online, or, when possible, with reduced numbers. Please see our new and improved Groups page for information on how to contact Group Convenors and for information on groups that have vacancies, and the latest information available.

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](#)

NEW For now we are still in a national lockdown, and nothing changes in respect of u3a activities until 29th March. From then, groups of up to 6 people may be able to meet outdoors, which will enable some of our walking groups to restart, if the Convenor and group members decide it is safe to do so. Please do not forget to undertake a risk assessment if you propose to do this, and remember we still have to maintain social distancing rules.

SHORT COURSES

We have held two well-attended short courses so far, on family history and taking better photographs with your smartphone. We intend to continue these while we cannot meet face to face. Our next short course will be by a police officer about avoiding scams and fraud, details to be advised.

If you have any suggestions for other one-off short courses that you would like to see, please email groups@bridportu3a.org.uk

NEW WEBSITE

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

WEBSITE DEVELOPMENT OPPORTUNITY

Now that all the hard work is over, and recognising that there will always be improvements and additions needed, Tony is looking for someone to assist with website administration. This is a great opportunity for someone with basic computer knowledge but no knowledge of websites who is keen to develop their skills, although someone who already has skills would be welcomed too. You would be expected to deputise for Tony when (and if) we let him out to go on holiday! Email Tony on

webmaster@bridportu3a.org.uk or call on 01308 456223.

GROUP SPOTLIGHT

Each month we would like to run a more detailed story on one of our groups. If you would like your group featured here please send information to newsletter@bridportu3a.org.uk. This month we draw your attention to the new At Home Understanding Android Phone Group, which was formed following the recent short course on taking better photographs with your phone. Further details are available on our Groups page on our website.

Two members have expressed an interest in forming a similar group for iPhone users. If you have an iPhone and would be interested in getting involved, please contact Paul Tebbutt at groups@bridportu3a.org.uk.

MONTHLY LIMERICK CHALLENGE



There was a good response to our limerick challenge last month, so here are a selection of those we received, in no particular order:

*There was an old lady from Eype
Who was keen to get some beauty sleep
She developed an ache
Which kept her wide awake
So her beauty is only skin deep (CR)*

*There was an old lady from Eype
Who couldn't afford the upkeep
On a castle and moat
So she bought a houseboat
And she shares it with Meryl Streep (SS)*

*There was an old lady from Eype
Who lost every one of her sheep
She called them by name
But not one of them came
They's counted themselves off to sleep! (HH)*

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).

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

There was an old man from Skilling.....

Please send your contributions to limerickclub@bridportu3a.org.uk by 31st March 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.

This month's lovely footpath view is by Heather.

NATIONAL u3a

Did you know that Third Age Matters is also available as a text-only download that can be read by text-readers, so anybody with a visual impairment can still enjoy the national magazine? The link is available here.

[Third Age Matters – Click here](#)

More information about national online groups, 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.

[Newsletter sign-up – Click here](#)

ZOOM & OTHER TECHNOLOGY

This month we focus on hints for improving your use of Zoom, with thanks to Simon Emerson.

Here are some tips on presenting yourself as in any real-life conversation. We've all seen Zoom interviews on the TV which needed some simple improvements. Always look at the picture of yourself on the screen with the same critical eye.

Firstly, have your face well lit; do not have a window behind you. The camera sees the bright light and darkens the picture and your face. But take care that artificial light doesn't make you look ill!

Position yourself well in the frame; don't chop off part of your head, or rest your chin on the lower edge of the frame. Head and shoulders or a bit lower is good. But be close enough for people to see your mouth and facial expressions. They might have difficulty hearing, or they might have poor sound quality on their computer.

Try to make 'eye contact' with the camera frequently, especially when you have finished a statement and expect the viewer to reply. This is a visual cue to smooth conversation. A recent Zoom interview on TV had a person looking all over the place except at me, the viewer. I felt excluded. So look at your viewer, the camera,

frequently as appropriate, and not just their picture.

Try to position the camera near to your eye level. People don't like to be talked down to and it emphasises your double chin!

Finally, consider your background – what you want to be seen or not seen. If it's your ceiling or a bright window, it's probably not ideal.

Happy Zooming. (Other video-conferencing apps are available!)

And if you want to know how to transform yourself into a cat, or how to remove the filter after your secretary's daughter has set it up on your computer (Texas lawyer joke), you need to use the free Snap Camera desktop app that allows users to download a range of interactive lenses to your computer's webcam, which works for both Mac and Windows. Options include not only the cat, but also a puppy, a potato or a scary sci-fi monster. If that isn't fun enough, you can get a real goat to join your zoom session, from Cronkshaw Fold Farm (their website is quite fun even if you don't want a goat) at a cost of £5 for 5 minutes. If you are that keen on exploring the stranger recesses of Zoom I will leave it to you to google strange things, rather than providing links in this issue and risk being impeached for inciting bad behaviour.

If you are looking for technical help with Zoom, please refer to previous Newsletters for sources of help, or 'attend' the IT Support At Home 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.

For stunning photographs of the most amazing natural wonders around Britain, go to the Countryfile gallery

[Countryfile gallery link – Click here](#)

If you still want to do strange things on your Zoom chat, here is a link to an article from the Daily Mail you might find useful

[Daily Mail link – Click here](#)

The Smithsonian has all sorts of interesting subjects, but I was particularly taken with these high-resolution photographs of snowflakes and how they are achieved

[Smithsonian link – Click here](#)

I love browsing old source documents and images for inspiration. If you appreciate Japanese design, this scanned in ebook from the Archive might be of interest, although there are many more antique books made available online here too if this is not to your taste.

[Archive link – Click here](#)

Dreaming once again of foreign holidays? Maybe not for a while yet, so time to learn a new language maybe. Three of the big sites all offer free options in addition to the paid-for services. Check out Duolingo, Memrise or Busuu.

ANSWERS TO JUST FOR FUN QUIZ

- 1 Hula Hoop
- 2 BBC Light Programme
- 3 One shilling
- 4 1956
- 5 November (22nd)
- 6 Helen Shapiro
- 7 Basil Brush
- 8 Today is Saturday, watch and smile
- 9 Edward Heath
- 10 Timothy Claypole

Until next month

Stay safe

Bridport U3A Committee