

WEST WOLDS



"Learn , Laugh and Live"

Chairman's Thoughts

Happy New Year Everyone,

Two Christmas presents I would like to share with you. I was given a lovely book of poems and drawings about southern France. So I was reading that and remembering lovely holidays in France over the years. Then I went outside and hung up one of two bird feeders I was given. Later I looked through the window, before the fog came down, and saw blue tits and great tits at the bird feeder and a squirrel on the grass with a lump of something it had found elsewhere. It was a lovely interlude. Simple pleasures which give a lift to the spirits.

Some u3a activities have been able to continue such as Zoom Drama Play Reading and the Warblers on Zoom. We would love to hear what other groups have managed to do. We know individuals have been going for bike rides and walks. What else? The first online talk was interesting and a source of discussion afterwards. I particularly enjoyed the facts about 16 versus 6 receptors in the female and male brains for noticing things nearby. I have always known the thing about men being able to see further into the distance. All from our hunter/gatherer past.

Enjoying new experiences and learning new facts or refreshing our memories are all things we do in u3a and will continue to do. We will continue to do things online until we can actually meet up again at some point in 2021. The committee are meeting online and as you know have been busy throughout 2020. I hope this New Year not only sees us all vaccinated but free to meet again. We now have agreed to elect a Treasurer and Vice Chairman, see page 5.

Gail Dennis, Chairman

January 2021 Newsletter

Issue 89

Thanks for all contributions, these are very well received, I will endeavour to get them in within the limited space available. *Terry Francis (Editor)*

newsletter@westwoldsu3a.org

Our next Online Speaker - Thursday 11th February at 10.30am

Mad as a Hatter - The Origins & Meanings of Sayings

Some people could say that Sandy is as mad as a hatter because she is fascinated by the origins of the sayings we use in everyday conversation. There are more sayings than you can shake a stick at. For any doubting Thomas' out there Sandy will let the cat out of the bag and pull out all the stops to entertain you, with stories of how the sayings we use all the time, came about.

Talk length - 35 minutes.

If you would like to watch this talk, please register using the link below

<https://mirthy.co.uk/u3a-westwolds>

Any queries please contact Sharon Rupp
speakerfinder@westwoldsu3a.org

Changes of Circumstance

If you have any changes of circumstance, e.g. change of address, telephone or email, or a death of a member, please let the Groups Co-ordinator and Membership Secretary know by phone or email.

Notice

Jacqueline Reid wanted to let you know that her husband Ken, passed away on Christmas Eve. She would have liked to have invited his friends to his green burial, which was at 11am on Tuesday 19th January, but because of the circumstances at present restricting numbers at funerals, she has asked that you remember him in your own way. Our thoughts are with Jacqueline at this time.

Terry Francis, Newsletter Editor

Happy New Year

"Thank goodness that year has gone,
May things IMPROVE in 2021
We'll make up for it WHEN we can
And celebrate the LIFE of man".

Submitted by Dawn Stopper

Remember, so true

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. My luck is like a bald guy who just won a comb.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
12. I finally got eight hours of sleep. It took me three days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminium can stuffed with celery?
17. I don't mean to interrupt people. I just randomly remember things and get really excited.
18. When I ask for directions, please don't use words like "east."
19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.

Anonymous

Covid Vaccine. Don't be scared to have it. A view from the other side.

Story 1

I was overjoyed when I heard that I was in line for the Vaccine having been worried about the fact that I fell into two "danger zones", age and type two diabetes.

Accompanied by a friend who had an appointment close to mine, we went off to Louth Hospital. On arrival we were stopped at the gate and given directions to the car park which was partly closed off to enable priority parking. My friend has a walking problem so we were directed to another spot right near the door. Although I was early for my appointment the marshal went to the reception desk and I was told that I could go straight in. Very few people were there at this time. The large reception area was divided into two seating areas. One half for the jab and one for recovery. There were six rooms around the perimeter each with a doctor and another person checking your credentials. After a few questions the doctor pinged the vaccine into my arm and I promise you, I did not feel a thing.

I then had to sit for 15 minutes just to make sure there were no side-effects and then we were allowed to leave. The whole procedure took 30 minutes.

The second injection took place three weeks later and the experience was just the same. The marshals, the doctors, reception staff and nurses were unfailingly cheerful, laughing and joking but at all times professional. I would urge anyone who may be feeling nervous, not to be. I have had no problems apart from a little bit of tenderness in the arm when one pressed on it. My advice is "Don't press on it".

I am now 95% protected. Three cheers for the scientists, the doctors and nurses and the marshals who have made this possible.

Sheila Robinson

Story 2

A 'phone call from the Caistor Surgery gave me my appointment at Louth Hospital for the first vaccination injection: 4.40pm on December 31st. That would be a dark cold journey, I thought to myself. Arriving at the hospital car park, I was surprised to see it so full of cars. Members of the local Lions organisations were greeting drivers and directing them to park up and not to leave their car until five minutes before their appointment, then to follow the directions given by other Lions members,

all of whom were easily noticeable in their yellow high-vis tabards.

An area of the hospital known as Woldside was being used for the vaccinations. On entering your details were checked, you were given a slip with your second appointment on it, and directed to the waiting area. Within a couple of minutes I had been called forward to 'Vac 6' where a civilian checked my details and a nurse prepared to administer the injection. This was so painless that I didn't realise it had been given. A blob of cotton wool held in place, then it was go and wait for fifteen or twenty minutes to make sure no ill effects were felt. Just after 5pm I was putting my coat back on and going back out to the by now almost cleared car park. A steady drive home and that was it, all done. Next morning, a slight stiffness in the arm, but nothing more than that. Very impressive all round, well done the NHS and organisers!

Brian Ward

ISOLATION

It is a word that has been used frequently over the past few months, but for some people the feeling of loneliness and isolation has lasted far longer than the pandemic.

Age UK Lindsey offers a Befriending Service to lonely older people. The service would normally involve a volunteer befriender or a staff member visiting an older person in their home, perhaps for a cup of tea and a chat, or accompanying them to an activity, such as a coffee morning. They try to match clients with volunteers who have similar interests or hobbies to help the relationship. Due to the Pandemic they moved from home visits to telephone befriending, but still offering a friendly voice and regular contacts to older people who might find themselves alone, because of a loss of a partner or family member or because they live in an isolated community. The service is funded through donations and grants support and is free to older people. We know this service makes a huge difference to the lives of those in contact with the service.

For anyone wishing to access our telephone befriending service or who may be interested in becoming a volunteer befriender you are more than welcome to contact myself or other members of the befriending team. Please find details below.

Avril Stevenson - Senior befriender
avril.stevenson@ageuklindsey.co.uk
07593 818746 (working days Tuesday - Thursday)

Kathryn Pollard - Befriending Admin assistant
01507 524242 option 3

(working days Monday, Tuesday, Friday am)

Liz Brooks - Projects Manager

01507 524242 option 3

(working days Monday - Thursday)

The email address for befriending is
befriending@ageuklindsey.co.uk

How Situations Can Change - Rapidly on Occasions by Stan Smith

It was in January 1938 that I was born in Stoke-on-Trent, known as The Potteries, or Arnold Bennett's Five Towns.

To my mind the next most important factor was that I was born close to the famous football team Port Vale F.C., whose captain lived close by. I have been a supporter ever since, although I have only seen them play about half-a-dozen times since I left Stoke nearly 60 years ago.

The other large influence on my life was that Stoke is the main centre for the ceramics industry in the UK with the large independent British Ceramic Research Association based in the city. It was no surprise that I joined the staff of the association whilst I studied at the local polytechnic, now part of Staffordshire University.

My mother was a decorator with one of the large pottery companies. My father was involved with the peripheral activities in the industry, and my future wife was a chemist in the industry. It should be remembered that ceramics doesn't just involve pottery, like cups and saucers, but also materials, known as refractories, used in the production of all metals from iron and steel, non-ferrous, precious metals, chemicals, cement, glass, incineration, building materials, power generation, electronics, medical, car engines, rockets, as well as family cremation facilities!

As with most industries there have been major internal changes and amalgamation, such that there are only seven or eight major companies worldwide, with most having some connection to the UK. Around 600,000 tonnes of refractories per year are produced in the UK.

After about fifteen years in various fields in refractories, involving; research, quality control, product development and production, I was asked

to join a large UK engineering company who were involved in design, material supply, construction and operation of major iron and steel, non ferrous plants and chemical plants, world wide and this is where I spent the next 30 years, responsible for supply, procurement and technical details.

During this period, I spent a lot of time away from family and friends for lengthy periods, this is one of the disadvantages of working world-wide. An advantage is that you see much of the world, and occasionally get to take your family with you. With this in mind, I have been fortunate enough to work in; Japan, China, South Korea, Taiwan, Australia, New Zealand, Russia, India, Pakistan, Canada, USA, Mexico, Brazil, as well as all over Europe. However, as the title of this article suggests, situations change rapidly, and not always giving a happy result: A few years ago I was taken off a flight before everyone else to be told that my daughter had died suddenly from an asthma attack and asked to return home as soon as possible. After this I continued in the same role for a period, but made a conscious effort to spend more time at home, this did have the side-effect of letting me spend more time with hobbies of bowls (both in and outdoor), golf, village activities (like the history group), whilst maintaining a number of contacts in the industry worldwide. It also allowed me to spend much more time with my family, only to be confronted by another rapid change a few years later.

My wife began to slowly develop dementia. This eventually resulted in a major incident last Christmas. My grandson had bought tickets for us to go and see my beloved Port Vale play Manchester City at their new stadium in the FA Cup. Five

members of the family all headed to Manchester to see the game. It was very enjoyable, even if we did come second. As the match neared the end we got a message on the phone asking us to head straight for the hospital rather than head home.

Late that evening we arrived at Scunthorpe General Hospital to be told that my wife was being prepared for operations planned for the following day. After a shopping expedition with my daughter-in-law, they were going for a drink and piece of cake and she managed to fall getting out of the car. One broken leg, one broken wrist and a damaged shoulder later she found herself starting an eight week stay in various hospitals and rehabilitation centres in North Lincolnshire. After this, although I doubt they were connected, there was an accelerated deterioration of her condition due to dementia. This has greatly affected her ability to walk, had severe memory loss as well as other issues, all of these very common with people with her condition.

I have now reduced travelling as I am also getting old. I would still repeat my career if I was younger, but what they say about old dogs is not true. My skills in cooking, ironing, washing have all improved immeasurably since Jean's accident. Whilst my life has undergone many changes in the last eighty years, the changes in the last twelve months have been greater than in, just about, any other twelve month period. Mind you, as my life continues to change, at least some things remain constant; Port Vale are still languishing at the wrong end of the league and steadfastly refuse to do well in the cup!

Stan Smith

Christmas Quiz – Answers

- | | |
|---|--|
| 1). Ebenezer. | 14). HOHOHO. |
| 2). 1920's. | 15). A Yule Log. |
| 3). Tinsel. | 16). Home Alone 2. |
| 4). A white Christmas. | 17). Swans a swimming. |
| 5). Six. | 18). Birth. |
| 6). Canada. | 19). James Stewart. |
| 7). The people of Norway. | 20). Michael Caine. |
| 8). Thomas Edison. | 21). Austria. |
| 9). They put candles in the front window. | 22). Germany. |
| 10). Kentucky fried chicken. | 23). The "Statue of Liberty" - Christmas day 1886. |
| 11). The Nut Cracker Suite. | 24). Donner. |
| 12). Blue. | |
| 13). The Beatles. | |

Submitted by Paul Ettridge

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What Happened to the Teapot?



Palace, taking a Boat Trip and seeing a Russian Concert on Day 1, the Hermitage Museum and a Romeo and Juliet Ballet on day 2, the Catherine Palace and a Russian Meal on day 3, and a tour of the city on day 4 before returning home. There was at least some Russian vodka imbibed during the trip, and maybe some Russian dancing along the way.

On the third day the group was presented with a Russian Teapot which was to be safely looked after by June and Colin Hare.

This is now a detective story as we wonder if the Teapot is still in one piece and where it has ended up? We would like to think it is still going strong.

Jean Childs

Back in September 2006, an intrepid group of eleven thirdagers led by Colin & June Hare made a trip to St. Petersburg in Russia. They had a great time according to the article that was put in the Winter 2006 issue of the Newsletter, visiting the Peterhof



**DON'T BURY YOUR HEAD IN THE SAND
YOUR U3A NEEDS YOU!**

**TO BE MATCH FIT FOR 2021 AND READY TO RECOMMENCE OUR ACTIVITIES, WE NEED
VOLUNTEERS WHO CAN HELP WITH THE FOLLOWING:**

HELPING A MEMBER WITH BASIC TECHNICAL ADVICE

E.g.: downloading an app to their smartphone, Zooming etc.

GREETERS

REFRESHMENTS

KEEPER OF THE CUPBOARD

E.g.: itemise contents, ensure it is unlocked/locked etc.

SETTING UP AND CLEARING AWAY AT THE GENERAL MEETINGS

e.g.: setting up the PA, Projector etc. (training can be given)



**DON'T BE A COUCH POTATO, YOU CAN LEND A HAND.
WEST WOLDS U3A - BY THE MEMBERS, FOR THE MEMBERS**

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updates and notice of New Posts by email.**

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