

First Edition!

Welcome to the first edition of what we intend will be a regular newsletter for all our members. We are looking to provide updates on what the various interest groups have been doing and to highlight what is being planned over the coming weeks.

We want the newsletter to be an opportunity to keep in touch and abreast of topics being considered across our local u3a.

Throughout the newsletter we will refer to our Garforth, Kippax and District u3a website. This is currently being 'refreshed' so don't be surprised to see some changes.

It's a demanding time for all of us at present, which makes keeping in touch even more important. While we're currently unable to meet face to face, we would like to encourage you to use the Zoom 'virtual meeting' programme, which is proving to work really well and is user-friendly.

The committee has a paid version which gives us 2-layer security protection, as only those given a meeting ID and password can attend, which are changed for each meeting. If you haven't yet had a go, we appreciate some help might be useful. So please see our Introduction to Zoom further down on page 4.

You may not be a member of a specific interest group but would fancy listening to a speaker on a listed topic. Feel free to contact the Group Convenor, or Graham Isley, and give it a try.

Before we get onto what's happening in our u3a, you might be interested to know Sandra Daly has agreed to act as Welfare Officer. We don't want to dwell on the challenges we're all facing with the Covid-19 pandemic but appreciate it is quite natural to feel 'down', or anxious about the future at the moment. Do feel free to speak to friends in our u3a, or elsewhere about this. Your G.P. can refer you for specialist support if necessary but as a first contact, Sandra is happy to be a 'friendly voice' at the end of the 'phone.

---oOo---

Zoom events in November and December include:

4th November: General Meeting with Monica Walker from Garforth NET (Neighbourhood Elders Team) speaking about the services and support it offers. 1.30 pm

11th November: Hosted by the History Group: Stephanie Davies from Lotherton Hall will be talking about Florence Nightingale and her links with the Hall, concentrating on her early life and decision to become a nurse. All u3a members can join, contact Elaine Whelan at elaine_whelan@hotmail.co.uk for an invite. 1.00 p.m.

18th November: Our monthly quiz, hosted by the quiz group: a general invite will be sent to all u3a members. 1.30pm

2nd December: General Meeting, a speaker to be confirmed. Results of the Photography Competition will be announced. 1.30pm

16th December: Christmas Quiz, hosted by the Quiz group: a general invite will be sent to all u3a members. 1.30pm

As all of the interest groups have access to the paid version of Zoom, can convenors please contact Graham Isley to book a time and to organise ID and

passwords that will be required to be sent to all participants.

Photo Competition

This is well under way with 50 entries to date. Don't forget the competition is open to all of our members and you don't have to be a photography enthusiast so it doesn't matter what kind of camera you use whether it be a digital SLR or a phone camera. It's just for fun, particularly if you haven't done anything like this before.

You don't have to rush out to take pictures to send in an entry. We're hoping to see either pictures you have already - digitally on your phone, your hard drive, as prints – or if you want by all means get out and take some pics specially for this competition. A reminder that the categories are:

- **Landscapes and places**
This includes city views or sea sides, for example
- **Pets & other animals**
Could be your pet cat or that robin you took a picture of in the garden, or even a sartorially elegant snail!
- **People**
This could be anyone, such as a family photo, or a celebrity that you got close enough to snap

Privacy requirements

As your photos arrive we'll get them up on our website. Please ensure no vehicle registrations are visible. Anyone who appears in your photo has to have given permission for their image to appear on the internet.

Closing date

Entries need to arrive with us by Wednesday 18th November. The winners will be announced during our Members' Meeting on 2nd December.

Digital photos

Please send as email attachments to graham.isley.u3a@gmx.com. Include as many photos as you like up to a maximum of 6 and they may be all in one category or in various categories. In the body of the email please write:

1. Your full name
2. The category(ies) under which you are entering your photo(s)
3. A brief remark about each photo such as, "I love this photo which shows the personality of my family's pet dog Bruce" or, "This is the River Wharfe at Appletreewick which is my favourite spot in all the Dales" and so on.

Prints

Please contact our Membership Secretary Graham Isley via the link on the Committee tab of our website and we'll provide you with an address to post your prints to and if you've any questions

about the competition then please use the same link.

Please keep your entries coming in and let's make this a really successful event!

Our local Interest Groups Round-Up

Art Group

Jenny Evans reports 'Our suggested subject for 20th October was 'Still Life From A Store Cupboard'. My first reaction was wine, crisps, cake, biscuits and chocolate but the choice was endless. Another good one from September was 'Colourful'. This could have been anything from flowers to butterflies, or anything else. Jenny says she painted a Jewel Garden, inspired by Monty Don. Two future topics have been chosen and are open to all members to contribute.

Closing dates for these are Nov 3rd Bonfire Night and Nov 17th Painting without a brush. Please contact Jenny Evans via the Art Group on the website for further details.

Proposed New Group: Play Reading

Liz Lodge and Ve Wright say: If like us you are missing your evenings at the theatre, would you be interested in joining a play reading group? We have been looking at plays but need to know how many people would be taking part before we go further. We would need to think about how often to meet, what we read, and other details to be discussed, once we have a group together. Please

get in touch with Ve Wright via the Theatre Group on the website to register your interest.

Proposed New Group: Easy Cycling

Carol Jinks and Dave Swindells are thinking of encouraging members to get their bikes out and try cycling. It's accepted there are problems of meeting in more than six etc. and so our initial thought is of sharing ideas of local routes around the Garforth area. The emphasis will be initially on short distances, from a two or three, up to (eventually) eight to ten miles to build confidence and stamina. Dave is happy to have a look at individual members' bikes to check they are road-worthy and if not, what might be needed. Please get in touch if you might be interested to take this further.

For information on any of our interest groups, check the website, or with the group convenor.

For Convenors: Any updates for any of your groups? Drop us a line or two please. Entries for our next newsletter need to be with one of the Editors by Wednesday 18th November!

Lockdown Drama: something to look forward to

Some of our u3a members are also involved with Kippax Dramatic Society, who are putting on a brand-new play 'Practice Makes Perfect'. It will be on YouTube on the 18th November at 7.30 pm and will be available to view for a while after this date. It is about a drama group before the curtain up on a new lockdown drama! The play will be free to

view but it is planned to give donations to a charity to help those in the acting profession who are suffering financially due to Covid-19 restrictions.

Introduction to using Zoom

Isi Todd has compiled some useful notes on how to use this, which are available on our u3a website. Using Zoom is a great way to see and chat with family and friends when you can't meet in person, particularly if you live alone, are in a vulnerable category or are isolating. It's a more stable 'chat platform' than some of the other available apps. Although Zoom was initially created for virtual business meetings, the scope is much more – not least joining our local meetings!

A basic Zoom subscription is free, with a time limit of 40 minutes, although you can join other Zoom meeting for free if they have paid a subscription, which allows unlimited time. Zoom can be used on your desktop or laptop computer, or with tablets, as well as with mobile phones. Give it a try!

If it would be helpful, Isobel Todd, Graham Isley and Penny Brighten are happy to talk people through and offer initial support on using Zoom. They can be contacted via our Garforth, Kippax & District website.

'It makes me laugh'

This is from Dave Swindells, who was a probationary police constable for a year, when 19 years old, back in 1966. He was

then an observer on a squad car on the evening in question.

We had a '999' emergency call, saying there were cattle out on the main road from Lewes to Eastbourne, late on a Saturday night. So we drove fast to the scene to try and sort it out before there were any serious accidents or worse to deal with. We arrived to a log-jam of traffic, with around 30 cattle running up and down the road. Car passengers there were sitting tight, as the cows were frisky and scared and so were very unpredictable.

My partner and I quickly found what looked like an empty field and spent the next 30 or so minutes rounding up the cattle and gradually guided them into the field. We then waved on the traffic and the log-jam slowly eased. After congratulating ourselves on having averted what could have been a nasty incident we went to find the farmer whose cows had caused the trouble, intending to give him a stiff talking-to about keeping fields and gates secure. We knocked up the farmer in the early hours of the morning and explained what we'd done, expecting a grateful response and an apology.

Instead the farmer became apoplectic and began shouting at us, as we'd put what were young bullocks into a field full of cows! He demanded we went back and sorted them out, putting the bullocks instead into another nearby field. My partner and I then had to ring up the regional H.Q. to explain why we would be 'off the air' for the next couple of hours. I remember spending the rest of the night running up and down the field, with my

helmet on, truncheon out, totally in the dark apart from a torch, with batteries that were nearly out, trying to separate the males from the females! We had our legs pulled for weeks after by the other bobbies at our station. In fact, it had been recorded all over East Sussex Police and so for a while we were minor celebrities.

There must be lots of funnier stories than this. Please send yours in!

Quick Quiz Questions

General knowledge quiz from Quiz Convenor Judith Robinson. Answers will be published in our next issue.

- 1 Who was Robert LeRoy Parker better known as?
- 2 Which American TV series featured Blanche, Rose, Dorothy and Sophia?
- 3 To the nearest decade, when was Rowntree's of York established?
- 4 In which American state is the city of Waco?
- 5 Who gave the famous speech known as the Gettysburg Address?
- 6 Which 16th century warship was raised from the seabed in 1982?
- 7 What is the smallest planet in our solar system?
- 8 Don King is a leading promoter in which sport?

- 9 Found in South America, what kind of creature is a Goliath bird eater?
- 10 Which bones are babies born without?

Now, have *you* wanted to formulate a quiz? Please submit 10 questions and answers via the relevant contacts, we are listed below, on the website, and we will publish it in a future issue!

Keep checking our website for news updates:

<https://u3asites.org.uk/garforth-kippax/welcome>

From u3a's National Winter Learning Programme

Further information on the following free talks is available on

<https://www.u3a.org.uk/learning/national-programmes>

- Mayan civilization
- How to write your living history
- Yoga
- Bridge tutorials for beginners and improvers
- Crown green bowling
- Philosophy
- Cryptic crosswords
- Japan

If you check the above website you'll see there are also many other ideas, themes and topics you can apply to join in with. Please note events which require members to book are at <https://www.u3a.org.uk/events/educational-events>

Editorial Endnote:

We have some ideas for our future issues, including a section called 'A Walk Down Memory Lane' based on contributions from you the members; but please feel free to let us have any of your ideas or suggestions you may like to contribute or see.

Please note: any contributions from our general membership and Convenors will need to be with us **by Wednesday 18th November** for inclusion in the next edition.

Thanks!

Dave Swindells, Isi Todd, Joan Brown and Penny Brighten

Newsletter Editors