



## NOTES FROM THE CHAIR

I recently went on the Buxton trip with 24 others from our u3a. It was a beautiful day and the barge trip and afternoon tea were very enjoyable. I was a little confused about a canal trip in Buxton because I have been to Buxton on many occasions and I couldn't remember there being a canal. There isn't, we drove to Whaley Bridge and that brought back many memories of our ill-fated barge holiday many years ago, as that was where we collected the barge. To explain what went wrong on that fortnight from hell would fill this month's newsletter and probably next. Suffice it to say that a mother and mother-in-law who didn't get on sharing the galley, a father who thought he was Admiral Nelson, (he did have one eye) and wouldn't let anyone else at the tiller and two weeks of appalling weather might give you a rough idea. We did the Cheshire Ring, 98 miles, of which Robin and I ran about 90 because every time we got off for locks or bridges father didn't slow down enough to let us back on. The kids, oblivious of all this had a wonderful time. So, I'm delighted to say that our recent trip was a much more pleasant experience and one, if you are ever in that area, I would definitely recommend.

*Margaret Sisson*

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## Editors Breakdown

My car insurance became due this month and I made enquires through some comparison market web sites. Forty two insurance companies quoted from £925.35 to £2701.96 and 42 would not quote because of drivers circumstances - my age. This all boils down to age discrimination. In the end I did manage to get my car insurance for £440.00 which includes breakdown cover. I would add that in 67 years I have never had an accident or claimed on any insurance. To many insurance companies I am past my sell by date but I aim to prove them Wrong. Insurance companies always ask for your e mail address and when your home insurance is due. I only hope that when they ask to give a quote I can keep my language in check. Life has many twists and turns and you have to take things on the chin and keep looking for the bright side of life. I am still looking, looking, looking, looking.

The trip to Buxton on the 14<sup>th</sup> June where we visited the Pavilion Gardens and and then went on a canal boat trip from Whaley Bridge on the Judith Mary with cream teas which were fantastic. The Pavilion Gardens were magnificent and are well worth another visit in the future. All in all it was a a lovely outing.

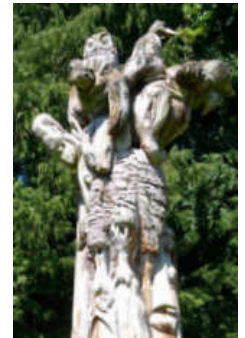
*Barry Haden*



**THE OLDER I GET,  
THE BETTER I WAS**



**THE OLDER I GET,  
THE FASTER I WAS**



**ONE KIND WORD  
Can change someone's entire day**



We had a lot of interest from people attending the Age UK North East Lincolnshire Meeting held at the Town Hall Grimsby. in May. Three of us Pat Goose, Leslie Watchorn, Barry Haden were on duty. It ran from 11 am to 4 pm

The meeting was full of exhibitors and was well attended by the public.

### SINGING GROUP

The next meeting of the Singing Group will take place in the Tesco Community Room, Hewitt's Circus from 2 – 4pm on Friday 21<sup>st</sup> July. No singing skills required it is purely for enjoyment.

Margaret Sisson  
Group Leader - 07986254164

### Bicarb Tips

Use As a Gentle Cleaner To Wipe Things Down

Bicarb is a gentle abrasive, which means it breaks down molecules, cuts through grime and removes dirt. Make bicarb paste or solution with a small amount of water. Apply to a wet cloth and use to wipe down fridge interior, sinks or bin.

### Clear Your Drains

Use 3 tbsp bicarb, a cup of boiling water and then a cup of vinegar to clear/clean a kitchen drain.

To Remove Mould on Hard to Reach Areas (Such as Grout)

Make a paste with washing up liquid and bicarb. Use an old toothbrush to apply, using the bristles to work into nooks and crannies. Leave for half an hour, and then wipe clean.

### Clean Dirty Rugs and Carpets

Sprinkle baking soda on your carpet, wait at least 15 minutes then sweep as much of it as you can and vacuum as normal. For best results, leave to settle overnight. Your carpet or rug should look brighter and smell better.

### Latest Advice on Losing Weight

Only eat during an eight-hour window. Restrict your eating from midday to 8 pm.

By doing this it also helps to control insulin sensitivity and reduces the risk of type 2 diabetes according to research.

### Grow your own strawberries

Buy a couple of small strawberry plants to get you started – ‘Elsanta’ and ‘Sonata’ are sweet and juicy – then propagate extras for free. Cut off any ‘runners’ (long, skinny stems) that appear before your plants have produced fruit, but after berries have been picked, ‘peg’ the ends of the runners into the soil with U-shaped wire. Once these new plants have grown roots, separate them from the parent plants and replant.

If you end up with a strawberry glut, cut them in half and freeze for breakfast smoothies.

### CHEAPEST PETROL GRIMSBY & CLEETHORPES

**ASDA Grimsby: Unleaded - 159.7p  
Diesel - 173.7p.**

**Jet Cleethorpe Road:  
Unleaded - 159.9p  
Diesel - 174.9p.**

**Sainsburys Grimsby:  
Unleaded - 141.9p Diesel - 173.9p.**

**Jet Cleethorpes: Unleaded - 159.9p  
Diesel - 175.9p.**

**Morrisons Cleethorpes -  
Unleaded - 161.7p  
Diesel - 175.7p.**



Walking Group 26<sup>th</sup> June 2023

## CORDIAL INVITATION

u3a Garden Picnic

at

Sandy Croft Grimsby Road Laceby

DN37 7DY

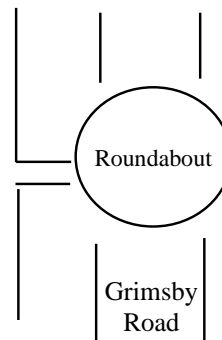
To be held

on the 13<sup>th</sup> July at 12.30 pm



Garden Centre

Sandy Croft



Morrisons Super Market

Bring food and chair

## HF Holidays

Have you heard of HF holidays? It's a walking holiday company that has been going for over 100 years. My parents went in the 1930s and I went regularly as a teenager in the 1960s. It was very different then in many respects. The holidays were cheap, run much by volunteers and attended by young families as well as single travellers. It was non alcoholic and men and women slept in separate dormitories, yes even married couples!

HF still own about 50 grand houses in the UK, all within large grounds in beautiful picturesque walking countryside. Nowadays, most of the guests are over 60. The single and double rooms are comfy and en suite and the delicious food is cooked by a chef. And yes it has a bar. Each centre offers 3 graded walks each day, an easy, a middle and a hard one. These can vary from 5 miles flat to 16 hilly miles. The walks are led by 3 voluntary HF leaders who have been rigorously trained, not just on safe walking but also to lead the social evenings. They can also tell you a lot about the area and interesting sights on the walk.

The holidays are so friendly. I went for the first time as a lone traveller in March for 4 nights to the Dales. There were several others like myself and we soon bonded. Of the 50 guests, there were a few couples and also to my surprise a group of 20 from Hereford u3a, and 6 from a u3a on the South Coast. Many of the other guests were also u3a members. In the evenings we were invited to take part in activities. That week we had a group quiz, an interesting talk about the geology of the area and a riotous game of indoor curling. The walks are not compulsory, some guests go as independent walkers and a few don't walk at all. You pay less if not on the guided walks.

The holidays are not cheap. They offer 3 and 4 night and week-long stays. They are usually just over £100 per night, but once there, there is nothing at all to pay apart from your bar bill. These holidays can be up to half price if you book near the holiday date and I know there is a reduction for groups. Tim Cockerton would arrange a U3a Grimsby HF holiday if enough people are interested. For more information Google HF Holidays, see the brochures at our monthly meeting or email or ask me or Tim. Pat Goose (contact details on back page)



### Shirley Anne Grant

It is with sadness to announce that Shirley aged 89 years passed away peacefully on Monday 5th June 2023, whilst in the care of Diana Princess of Wales Hospital.

Shirley was an Honorary Member and founder member of our u3a and joined the u3a 2010. She was a group leader and took part in many activities.

Shirley regularly visited Sydney Park and was in constant communication with the children who played there and knew her very well. She was also a primary school teacher and had a great love of poetry. Shirley is going to be greatly missed from the many friends who knew her.

### Meditation Practices

Declutter The Mind will help you live more mindfully and understand your mind better.

Meditaion takes place every first and third Monday of the month at the Jubilee Inn Wybers Wood at 2.15pm.

The next meeting is on Monday 17 July One of the best life tips is to practice meditation daily. Meditation helps you become more aware of your life. It grounds you in the present moment. You know how you're always yo-yoing between the past and future? Well, that's why you're always so depressed and stressed. But in the present moment there's peace of mind. It helps you become more mindful of your actions and what's actually happening around you. And eventually by living in the present world more, you begin to enjoy life. Why? Because you finally stepped outside your head.

*Barry Haden*

### Tips to increase your energy and live a happier, healthier, more productive life:

- Eat nourishing food. ...
- Sleep seven to eight hours per night.
- Keep company with good people.
- Avoid news overdose. ...
- Get regular exercise. ...
- Do something meaningful each day.

### Poached Egg Recipe - Jamie Oliver

Half-fill a wide pan with boiling salted water, and bring it to a light simmer over a medium heat.

Crack one of the eggs into a cup and gently pour it into the water in one fluid movement. Repeat with the rest of the eggs. You'll see them begin to cook immediately – don't worry if the edges look a little scruffy. Depending on the pan, a really soft poached egg should take around 2 minutes and a soft to firm one will need 4 minutes (it depends on the size of the eggs and whether you're using them straight from the fridge).

To check whether they're done, remove one carefully from the pan with a slotted spoon and give it a gentle push with a teaspoon. If it feels too soft (use your instincts), put it back and give the eggs a minute or two more in the water to firm up.

When they're ready, remove them to some kitchen paper to dry off and serve with buttered toast and a sprinkle of sea salt and black pepper.





1 Rita Hayworth  
 2 Margaret Lockwood  
 3 Elizabeth Taylor  
 4 Joan Crawford  
 5 Maurine O'hara  
 6 Bette Davis  
 7 Jane Wyman  
 8 Gina Lollobrigida  
 9 Jean Simmons  
 10 Greer Garson  
 11 Veronica Lake  
 12 Lucille Ball  
 13 Debbie Reynolds  
 14 Jane Russell  
 15 Ethel Barrymore  
 16 Shelly Winters  
 17 Sofia Loren  
 18 Natalie Wood  
 19 Robert Mitchum  
 20 James Robertson Justice  
 21 Anthony Quinn  
 22 Burt Lancaster  
 23 Marlon Brando  
 24 Victor Mature  
 25 Clark Gable  
 26 Gregory Peck  
 27 Gary Cooper  
 28 Humphrey Bogart  
 29 Tom Hanks  
 30 Bing Crosby

### COMMITTEE u3a GRIMSBY & CLEETHORPES

- |                               |                   |
|-------------------------------|-------------------|
| <b>Chair Person</b>           | Margaret Sisson   |
| <b>Vice Chairman</b>          | Barry Haden       |
| <b>Secretary</b>              | Janet Parratt     |
| <b>Website Co-ordinator</b>   | Fergus M Campbell |
| <b>Treasurer</b>              | Tim Cockerton     |
| <b>Speaker Finder</b>         | Janet Parratt     |
| <b>Catering Official</b>      | Gill Clarke       |
| <b>Catering</b>               | Pat Goose         |
| <b>Newsletter Editor</b>      | Barry Haden       |
| <b>Group Co-ordinator</b>     |                   |
| <b>Visitors</b>               | Sue Copley        |
| <b>Publicity Officer</b>      | Fergus M Campbell |
| <b>Meeters &amp; Greeters</b> | Marion Piggott    |
| <b>Welfare Officer</b>        | Pauline Campbell  |
| <b>Committee</b>              | Carole Baker      |