

u3a

GRIMSBY & CLEETHORPES OCTOBER 2023

NEWSLETTER

NOTES FROM THE CHAIR

I wonder how many of you are aware of Lasting Power of Attorney for Financial and Medical affairs. My husband, Robin and I had heard of it but at nearly £2000 to set it up for both of us and confident that wills, joint accounts and being each other's next of kin would suffice, ignored it. Big mistake! No-one could have predicted that literally overnight, Robin would go from a fit and active 78 year old to being paralysed, bed-bound and brain-damaged. When he is in the Care Home I am treated with respect but when he is hospitalised, which has happened a lot recently it is a different matter. Without the magic piece of paper I am totally ignored or worse told, as I was by one member of staff that "frankly Robin's treatment was none of my business." So be aware. The NHS and Social care are changing and changing fast but if you are not in the "system" you will know nothing about it until it is too late and you find yourself in my position, where apparently 56 years of marriage counts for nothing.

Margaret Sisson

CONGRATULATIONS

We would like to congratulate Jill Maltby on thirty years as a Grimsby and Cleethorpes u3a member. Jill has held a variety of roles in this time and has been a group leader, most recently of the Book Group. Well done Jill and thank you for your tireless commitment to our organisation.

Margaret Sisson

EDITOR

We have a RED BOOK showing recommended Plumbers, Electricians, Gardeners, House Cleaners and other occupations. This has proved to be very helpful to u3a members. Perhaps this should be extended to recommend by u3a members to pass on their knowledge of - cheap car insurance, cheap vet insurance, cheap utility services, good interest rates, cheapest local petrol stations. As the cost of these services change regularly, perhaps the best way would be to show this in the monthly newsletter. What do you think.

Life has many ups and downs and having a sense of humour helps us when we are down and also gives us energy on our ups, so I do hope the humour on the last page of this newsletter gives you a laugh. Joining the u3a has many advantages, companionship, joining groups with similar interests to your own, getting away from looking at four walls at home, especially if you are on your own and in my case keeping me sane. So do recommend the u3a to friends and acquaintances who you believe would benefit to what we offer.

I am always looking for new ideas in presenting the newsletter and I would from what we offer.

Barry Haden

No one can make you feel inferior without your consent.

Eleanor Roosevelt

GUTTED

I know my chicken butty isn't really
what she wants
She turns me down for Charlie and a
fancy restaurant
So I munch on my Mother's Pride
rejected and alone
Who's this woman I care for? Is her
heart made of stone?
I even went to Netto for reconstituted
chicken roll
It cost me 49 pence. Doesn't this
woman have a soul?
Alone with my butty, I dip the crust in
my cuppa soup
I know she's eating langoustine and
tasting beef en cruet.
But I simply can't be bitter, for that's
not what I am;
So I'll buy Skelton's buns, meat paste
and roast ham,
Tomatoes, lettuce and some posh
cottage cheese
Get some fancy napkins to cover her
lovely knees.
But I just sit munching, worshipping
from afar
Well: I'm no competition, I have no
je ne sais quoui
I'm really not jealous, and my heart, it
won't burn.
For I bought my chicken roll, on sale
or return.
(Who is this heartless woman, surely
not a u3a member?)

HOUSEHOLD TIPS

First signs of any mould on indoor
house walls -
Spray with distilled white vinegar.
Leave for one hours.
Wipe with damp cloth.
Use stiff brush if bad.

How to Get That Gross, Burnt Smell Out of a Microwave

To freshen your microwave, simply
boil one cup of water in a bowl with
lemon slices or one cup of distilled
white vinegar added. Heat on high until
the solution is boiling, and allow the
steam to work for at least five minutes
before opening the door.

What did I say when my brother threw
a milk bottle at me!
How Dairy!

Did you know

Just as humans cannot see air, fish
cannot see water. Since the fish's
brain is continually looking through
water, it starts to filter out the water.

Invention of the stethoscope!

Stethoscope was invented because a
French doctor felt uncomfortable
placing his hand and ears on a
woman's chest in order to hear her
heart beat.

Environment Issues

So let me get this straight. I go to the
grocery store and buy:

A pound of sliced ham in a plastic bag,
a pint of milk in a plastic jug, a pack of
napkins in plastic wrap, a store made
salad in a plastic tub, a plastic bottle of
mustard and ketchup, but they won't
give me a plastic bag to carry it home
because the plastic bag is bad for the
environment?

*Despite public pressure, UK
supermarkets produced more plastic
packaging than ever in 2019. This
means more plastic poisoning our
environment, filling our rivers and
choking our oceans. It also means
more plastic leaking into the food
chain. In fact, humans may already eat
up to a credit card's worth of plastic
each week!*

*Supermarkets haven't been doing
enough to reduce plastic, and
recycling alone can't solve the
problem. Only 9% of all of the plastic
ever produced globally has actually
been recycled. Cutting back on the
plastic produced in the first place is
the real solution.*



SPEAKERS

OCTOBER.

AGM

followed by
Barbara Phipps.
"Charles Watertown
(1782 - 1865)
Creator of the
first nature reserve"

CROQUET

Please note that croquet had it's last
outing on 29th September

CLOCKS CHANGE

Back 1 am - Sun, 29 Oct 2023

Forward 1 am - Sun, 26 Mar 2023

Why do the clocks change?

Following summer solstice in June
the days gradually become shorter.

Therefore, by turning the clocks
back an hour during autumn, this
provides people with more sunlight
in the morning. Turning the clocks
forward in the spring brings lighter
evenings

35 Words of Wisdom You Will Never Forget

You create your own opportunities.
Never break your promises. ...
You are never as stuck as you think
you are. ...
Happiness is a choice. ...
Habits develop into character. ...
Be happy with who you are. ...
Don't seek happiness—create it. ...
If you want to be happy, stop
complaining.





Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.



My teacher pointed at me with his ruler and said: "At the end of this ruler there's an idiot!" I got detention after asking which end.



My smoking jacket caught fire. Looking on the bright side I now have a blazer

WHEN MOM SAID NO, BUT...



GRANDMA SAID YES!

The teenage granddaughter comes down stairs for her date with this see through top on.



Her grandmother just has a fit, telling her not to dare go out like that.

The teenager tells her "Loosen up Grams. These are modern times. You gotta let your rosebuds show" and out she goes.

The next day the teenager comes down stairs and the grandmother is sitting there with no top on.

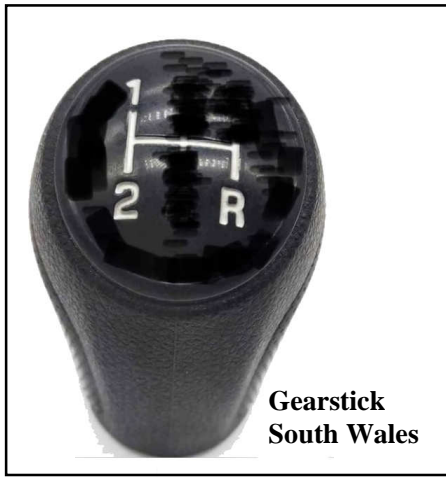
The teenager wants to die. She explains to her grandmother that she has friends coming over and it is just not appropriate.

Loosen up sweetie. If you can show off your rosebuds, than I can display my hanging baskets."

Penguins have been known to push a fellow penguin into the water to check if the water is safe and free of predators.



THE CIRCLE OF LIFE



Gearstick South Wales



COMMITTEE u3a GRIMSBY & CLEETHORPES	
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