



NOTES FROM THE CHAIR

Last month I was able to get away to Northumberland for a week with my family. The cottage we stayed in was on the edge of the Kielder Forest and in a designated dark area. The cottage had its own mini-observatory in the roof, complete with telescope. Unfortunately, although we were lucky with the weather during the day, we always had too much cloud cover at night for any stargazing. The scenery was spectacular, we walked miles and visited interesting historical sites and it was peaceful and above all restful. So, what was the best bit of the whole holiday? Obviously being with my family was lovely but that wasn't the best thing. The best thing was that both where we stayed and in most of the surrounding area there was no mobile phone network – bliss!

Margaret Sisson

For u3a week this year there are two speakers you're all invited to join on Zoom:

Trees, woods, climate and nature – what's all the fuss about?

Wednesday 20 September at 10am

We are very pleased to welcome John Tucker from the Woodland Trust - a forester of nearly 30 years experience. John will be giving an exclusive talk to u3a and leading a discussion on how to get involved in supporting wildlife and the environment. This follows on from the movement's incredible achievement in helping to plant nearly 10,000 trees for its 40th anniversary wood last year.

Bolder – How To Age Better, and Feel Better About Ageing

Thursday 21 September at 10am

We are delighted that Carl Honoré, award-winning writer, broadcaster and TED speaker will be providing an exclusive talk for the u3a on Thursday 21 September. Drawing on the latest science, personal experience and case studies from around the world, Carl inspires audiences to embrace ageing as both a privilege and an adventure.

To book a place on either of these talks go to:

<https://www.u3a.org.uk/events/u3a-week>

NOMINATIONS

You have until 14th September 2023 to submit nomination for Committee members. Nominations must be signed by all parties and handed to an existing Committee member. There are currently two vacancies on the Committee.

MEMBERSHIP FEES

Please note that membership renewal is due for the year 1 September 2023 to 31 August 2024. The fee remains the same at £17.00 if paid in cash or by bank transfer. However if paying by cheque it will be £17.40 to cover charges made by the bank to process cheques. Thank you.

Janet Parratt, Membership Secretary.

U3A Music Appreciation in St. Peter's Hall, Cleethorpes.

On our journey along the road of music development, we have now reached a period away from the Biblical shofar, lyre and the tambourine, to one offering the full range of orchestral instruments - valve operated brass instruments and complex woodwind ones, along with the piano (forte). We have moved from the patronage of the church and aristocratic families to being able to purchase our own keyboards and guitars; from passing lyrics and music on by word of mouth, to opening You Tube or downloading chords or manuscript by the page full.

The Romantic period and on, floods the world with remarkable works and yet, still the door is open to more. We are to meet the impressionists, also the Picasso's of music, 12 tone works and the 'silent Cage sound', along with many others.

Come and enjoy a monthly two hours of music and more, each third Tuesday of the month at St Peter's small hall. 19th in the month of September at 2pm.

Les Watchorn

SINGING GROUP

Singing Group will recommence on Friday 15th September at 2.00pm in Tesco Community Room, Hewitt's Circus. We are currently looking into running this group fortnightly.

Margaret Sisson

SPEAKERS

SEPTEMBER

Carol Tetlow.
"Stethoscope secrets"
Tales of General Practice

OCTOBER.

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

MEDITATION

The next meetings - are as follows.

Monday 18th September
Monday 2nd October
Monday 16th October
Monday 6th November
Monday 20th November

The venue is the
Jubilee Inn
Wybers Wood
350 St Nicholas Dr,
Grimsby DN37 9SF
215 pm for 2.30 pm start



*Marilyn, Ruth, Anita and Barry
On the jolly ship Dalesman
And there they did tarry
They giggled and chuckled and tucked
into lunch.
And altogether they were a jolly old
bunch.*

*When they docked in Skipton we left
them to roam
All over the town till they found their
way home
To join us on the coach with the u3a.
I hope they have had an enjoyable
day.*

SKIPTON TRIP 10th Aug 2023

Another excellent day out. The weather was excellent, so was the lunch on the ship, the company and laughter we had with one another, the scenery we saw and the walk around Skipton. We could not ask for more.

Barry Haden



GROUP MEETINGS

Art:

2nd and 4th Wed. 2-4 pm

Aviation:

1st Tues. From 2 pm

Board Games:

1st and 3rd Thurs. From 1.30 pm

Calligraphy:

1st and 3rd Wed 2-4 pm

Cinema Club +:

as advised.

Creative Writing:

1st Wed.

Croquet:

Friday, weekly

May to Sept. 11am. and 2 pm.

Discussion Group:

2nd and 4th Monday 2-4 pm

Lip Reading:

Mon - fortnightly. 2 pm

Literature/Reading Group

Tue. 2-4 pm

Luncheon Club:

Last Thur. meet 1 pm as advised.

Meditation

1st and 3rd Mon. 2.15 pm for 2.30 pm

Music Appreciation

3rd Thur. 2 pm - 4 pm

New Age Kurling:

1st and 3rd Tue 2 pm-4 pm Oct to May

Poetry:

Rummikub:

1st and 3rd. Wed. 2 pm - 4.30 pm

Scrabble:

1st and 3rd Wed. 2 pm-4.30

Singing:

3rd Fri. 2-4pm

Ten Pin Bowling

Thur. 10 am - 11 am

Ukelele and Banjolele Group:

2nd Thur 2 pm-4pm

Walking:

Mon Weekly 10.30 am for 11 am start

For further information contact

Group Coordinator

Les Watchorn

Tel - 07440 177202

Email - leswatchorn42@gmail.com

*How do you measure a snake?
In inches—they don't have feet.*

DAY TRIPS-2024

At the August meeting forms will be distributed for members to express their interest in Day Trips. This is resulting from the distribution of sixty brochures at the July meeting detailing all of Houghs trips for 2024.

HOLIDAYS 2024

Lists of Houghs holidays for 2024 will also be distributed at the August meeting for members to express their interest.

Aberfoyle Holiday-8/4/24 to 12/4/24

SAME NARRATIVE AS LAST MONTH

CHRISTMAS LUNCH

After an excellent meal at the Grimsby Golf Club in January 2023, the venue has been booked again for Thursday 4th January 2024. The menu/booking form can be obtained from Tim Cockerton.

The price is £18.95 for two courses and £22.95 for three courses, and includes a £1 gratuity.

A glass of white or red wine, or soft drink will be served to the table - paid for out of the raffle profits at our monthly meetings.

Tim Cockerton

FLYING A KITE

Is there any interest in a U3A Cruise? Example:-

P & O -Ship-Ventura-13 day cruise from Southampton-5/11/24-18/11/24 calling at

Vigo, Lisbon, Cartagena, Malaga, Gibraltar, Coruna.

Double/twin inside cabin including coach to and from Southampton-£899 each including £125 on board spend each.

Or maybe a shorter seven day cruise at a lower cost.

P&O no longer charge a daily gratuity. If there is enough interest perhaps we could have a discussion group.

Please contact Tim Cockerton if interested.

Where do sheep like to go on vacation? The Baa-hamas!

How do rabbits travel? By Hareplane!

Where do hamsters like to go on vacation? Hamsterdam!

SCATTERBRAIN

My life seems Topsy Turvy
I'm Like a missing link
I can't believe the things I do
Wish I could stop and think

It's off to work I know I'm late
With Fly Spray on my air
The flies I've sprayed with lacquer
They are all stuck to my big chair

My purse I need for bus fare
I'm sick of these four walls
The washes are going round and round

With my purse among my smalls
I go half way round the corner
With slippers on my feet
I've fed the dog a tin of steak
Instead of his dog meat

From day to day I plod along
Although I'm not insane
At least a laugh I get from LIFE
I'M JUST A SCATTERBRAIN"

Glenda Davis



A motorist had broken down and was in a lay-bye. A motorist pulled in behind him and asked him if he could help. He was asked if he was a mechanic, no he replied I am a Chiropodist. In that case, can you please give me a tow/toe.

What every woman should have

Four pets in her life.

A mink in her closet.

A jaguar in her garage.

A tiger in her bed.

and a jackass
who pays for everything.

Paris Hilton, US socialite.

HISTORY GROUP?

The History group closed down over ten years ago when the leader resigned but I think it may be time to start it up again.

Not to study the endless lists of Revolutions, Wars and Acts of Parliament we were taught about at school, but more about the everyday lives of both Kings and commoners.

Or whatever the majority decide.

If interested please contact either Les Watchorn, the Groups Co-ordinator, or myself.

Paul Hare

NO GROANING

What do dentists call their X-rays?
Tooth pics.

What has four wheels and flies?
Garbage truck.

Why do you smear peanut butter on the road? To go with the traffic jam.

Did you hear about the claustrophobic astronaut? He just needed a little space.

Did you hear about the guy who stole a calendar? He got 12 months; they say his days are numbered.

I used to be addicted to soap, but I'm clean now.

A nurse told me, "Sorry for the wait!" I replied, "It's alright, I'm patient."

I'm terrified of elevators, so I'm going to start taking steps to avoid them.

Can February March?
No, but April May.

What do you call an alligator in a vest? An investigator.

I told my doctor that I had broken my arm in two places. He told me to stop going to those places.

Just went to an emotional wedding — even the cake was in tiers.

I stayed up all night and tried to figure out where the sun was. Then it dawned on me



ENERGY BOOSTING - THE FOODS WHICH GIVE YOU ENERGY

Bananas	may be the best quick snack for sustained energy and contain essential nutrients that may enhance heart health, help manage blood pressure, and boost a person's mood, among other benefits. Eating bananas can help lower blood pressure and may reduce the risk of cancer.
Apples	Apples are a great energy source, thanks to the body, fuelling natural sugars they contain.
Strawberries	Much like apples, strawberries provide natural sugar, which your body can quickly turn into energy.
Tuna and salmon	Oilier, fatter fish such as tuna and salmon are excellent sources of omega 3 fatty acids.
Sweet potatoes	Not only do sweet potatoes provide a steady supply of energy thanks to their fibre and complex carbohydrates, but they also contain manganese, which helps break down nutrients.
Almonds	For afternoon slumps, try almonds instead of a sweet treat.
Eggs	Packed with energy-releasing B-vitamins, eggs are one of the best energy foods.
Beans	Beans are a great source of complex carbohydrates and fibre, meaning they provide steady energy
Oranges	Oranges are one of the best foods for energy.
Dark chocolate	Amazingly, this indulgent treat is also a food that gives you energy. It contains caffeine and sugar – both known for giving us a boost.
Brown bread	While it's true that too many simple carbs will leave you sluggish, don't cut out brown bread.
Water	It's essential for all bodily processes. Staying hydrated is key for optimal mental and physical function, and not drinking enough fluids will leave you feeling weak, tired.
Coffee	Caffeine is a stimulant that speeds up the messages between our brain and body. When consumed in small doses, and as part of a healthy diet, it can help us feel more alert.
Chicken	Chicken is packed with lean protein.
Fortified cereal	Choose a high-fibre, low sugar cereal such as bran flakes which is fortified with vitamin B12
Green tea	Green tea contains the plant compound L-theanine as well as caffeine, both known for their energy-boosting properties.
Lentils	Lentils contain fibre and complex carbohydrates, both good for slow-release energy. Lentils also contain iron.
Raisins	Portable and easy to eat, you can take raisins with you everywhere for on-the-go energy.
Yogurt	Yogurt may also be a source of energy As the USDA show, natural yogurt is rich in protein, fats, and simple carbohydrates, which provide energy to the body.
Popcorn	Popcorn is rich in carbohydrates. However, it also contains fiber to help slow the digestion. Popcorn may make a person feel full for longer than other carbohydrates.

Why shouldn't you tell a secret on a farm? *Because the potatoes have eyes and the corn has ears.*

What kind of nuts always seems to have a cold? *Cashews!*

If a crocodile makes shoes, what does a banana make? *Slippers!*

COMMITTEE u3a GRIMSBY & CLEETHORPES

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