

**\* Monthly Meeting – Thursday 24<sup>th</sup> August\***

Please join us at our next members' meeting.  
It will start at **2pm** on **Thursday 24th August** at **QUEENBOROUGH PARK**

**Picnic in the Park**



This year, our Summer – PICNIC IN THE PARK – will again be held at Queenborough in the Queenborough Park, Park Road ME11 5AA (also known as The Elephant Park). Bring along your picnic and picnic chair. This is a lovely small, enclosed park close to the harbour at the end of the High Street opposite the Old House at Home pub, there is also a handy toilet block.

Come and join your fellow members for a fun filled sociable afternoon with games and quizzes. Everyone is welcome so please bring along any friends or family members (including children) who would like to spend a sociable afternoon together.

**Non-members are welcome – Come and see how we “learn, laugh and live”**

**\*Save the date for next month: Thursday 28<sup>th</sup> September\***

**Sue Duckworth - Hopping in Kent**

**COMING UP...**

<b>David’s Slice of Life</b>	Page 2	See what David has to say about life this month!
<b>National u3a</b>	Page 3	National u3a week is coming up in September. There are lots of opportunities to join other u3a members around the UK and to take part a wide range of online talks, workshops and courses for free included in your membership!
<b>Keep Smiling</b>	Page 4	A little humour
<b>Information &amp; Contact details</b>	Page 4	Let us know if you want to join our members only Facebook Group and/or u3a General WhatsApp Group?

**MONTHLY MEETING DATES 2023**

Meetings are held on the fourth Thursday of each month at 2pm until 4pm at Minster Working Men’s Club, (except in August & December). Refreshments are included.

28<sup>th</sup> September      26<sup>th</sup> October      23<sup>rd</sup> November      **14<sup>th</sup> December** – Christmas Meeting

**INTEREST GROUPS**

Each interest group has its own communications list so, if you are interested in joining any interest groups, please sign up at one of our meetings or email us at: [isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com)

Find out more about our groups on our website: [Isle of Sheppey u3a Interest Groups Information](#)

## David's Slice of Life

### EVERYDAY SOLUTIONS!

I spent a fascinating half hour on a rainy-day last week thumbing through one of those glossy marketing booklets packed full of gizmos and appliances you never knew existed and have, so far, miraculously managed to do without.

It dropped through our letterbox, its 100 pages crammed with bargain basement prices and special offers on products ranging from the obscure to the downright whacky. It promised “everyday solutions” to a whole host of problems and challenges we apparently all face, even if we weren’t aware of any of them.

I do not know how I have managed to survive so far in seven-plus decades without a U-shaped bladeless neck fan (£18.99), which wraps around one’s neck like a plastic scarf and “instantly combats hot flushes and steamy weather,” though presumably not at the same time.

And I hadn’t realised there were so many people around whose feet have become “crowded and overlapping.” Well, the solution is at hand (or should that be foot?) – a set of lavender-scented toe separators which will keep your little piggies nicely apart. A snip at £6 a pair.

For those in need of a little exercise, but too lazy to step out of their front door, the answer is waiting for you on Page 22. No requirement to even get out of your armchair. Just set up this contraption and pedal away like mad, burning calories and toning up your muscles while watching Coronation Street or whatever takes your fancy. Who could resist one of these at £24.99? How about me?

Admittedly, there are a few useful items, especially in the outdoor/gardening section, but as for the rest ... forget it!

The question I really want answered is this: Just who invents these loony devices? Is there a special lab somewhere on the other side of the world packed full of nerds trying to outdo each other with the most zany – and useless - inventions?

Why not transform your garden with a tasteful plastic, glowing snowy owl on a pole and at the same time keep rodents at bay for just £12.99. No need to bother with mouse traps if these pesky critters are invading your property. Just set up your glowing snowy owl at the foot of your garden and every creature from moles to voles will give your home a wide berth until, of course, they realise they’ve been duped. Even voles aren’t that stupid.



Your Snowy Owl, just £12.99

I had to wait until Page 71 before I found a “must-have” product which made everything else in that 100 pages look rather tame. I shall have to be a little circumspect here for the benefit of those sensitive souls among us, but the gist of the offer is a vacuum pump which allegedly boosts one’s manhood, to put it delicately. It’s available in three hand-pump models or the super deluxe cordless electric model.

The mind boggles at the thought of inflating one’s nether regions in the same way as you might pump up a kids’ paddling pool. It seems to me there are some inherent risks in all this. What happens if the cordless electric pump malfunctions and goes into overdrive? At the very least it would make your eyes water and at the very worst you could end up with your naughty bits looking like an over-inflated football.

Worst still, if the device became unhooked at maximum air pressure, would the unfortunate user sail around the room like a balloon which has just popped?

Can you image saying to your loved one: “Hold that passionate thought, darling, while I plug myself in to my super deluxe cordless electric vacuum pump.”

These are crucial questions which remain unanswered, despite the proud boasts in the accompanying literature about the product's effectiveness.

What is more likely to dampen a potential user's ardour is the price list for these libido-enhancing gizmos, with the basic model costing £39.99 and the cordless electric pump £59.99.

My verdict: You've got to have more money than sense to part with your cash for any of the aforementioned "everyday solutions." If you've never heard of it, then you don't need it.

## NATIONAL u3a

*Have you looked on the National u3a website? There's so much u3a members across the country are getting involved with.*

### NATIONAL U3A WEEK

This year's national u3a week is taking place 16-24 September and is an annual celebration of the learning and fun within the u3a movement. During the week, u3as across the movement host events in their local community to raise awareness of the benefits of being a u3a member.

National u3a office will also be running a programme of online events that any u3a member can attend.

Some online events taking place during u3a week:

- Tuesday 19 September, Heléna Horklots, Older People's Commissioner for Wales, will be discussing how she is working towards a Wales where older people are valued, rights are upheld and no-one is left behind. u3a has been part of the campaign calling for an Older People's Commissioner in both England and in Scotland - and this is an opportunity for members to hear from someone with that role and how it can bring about change.
- Wednesday 20 September, John Tucker from The Woodland Trust will lead a discussion on how u3a members can get involved in supporting wildlife and the environment. The talk follows on from the movement's achievement of planting almost 10,000 trees in our anniversary woodland last year.
- Thursday 21 September, the final speaker is award-winning writer, activist around ageing and TED speaker Carl Honoré. He will be giving a talk on about how to embrace ageing as a privilege and adventure.

Find out more and book your place on these events on [our u3a week page](#).

Click here to find out more about what there is on offer nationally [National u3a](#)

There are numerous leaning events and short courses (usually free online using zoom) from Mindfulness & Meditation, Laughter Yoga to History, Science, Maths and Arts. [u3a online events](#)

### NATIONAL u3a NEWSLETTER

**Sign up to get the most up to date news from National Office and find out the latest news and learning events as they are added:**

### RADIO PODCASTS

Have you listened to the monthly **u3a Radio podcasts** on YouTube? They are currently on summer holidays until September, so now is a great time to catch up. Click here for the full list of radio podcasts since they started in September 2020: [u3a Radio Podcast Playlist](#)



KEEP SMILING



Information & Contact Details

You can contact us here:

[isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com)

Find our website here:

<https://u3asites.org.uk/isle-of-sheppey/home>

Email us to join our WhatsApp Group:

[isleofsheppeyu3a@gmail.com](mailto:isleofsheppeyu3a@gmail.com)

Our Facebook Page is:

<https://www.facebook.com/isleofsheppeyu3a>

Our members only Facebook Group is:

<https://www.facebook.com/groups/384159678869515>

Interact with u3a members around the country on the

u3a: Keeping in Touch Facebook group:

<https://www.facebook.com/groups/U3AKeepingInTouch>

u3a YouTube Channel

<https://www.youtube.com/user/TheU3a/videos>

Diversity & Inclusion Statement

Isle of Sheppey u3a recognises that everyone is different and aims to create an environment that values and treats all members fairly. We are committed to promoting equality and diversity and to ensure that u3a membership is as accessible as possible to different groups within the community.