

* Monthly Meeting – Thursday 25th May*

Please join us at our next members' meeting.

It will take place at **2pm** on **Thursday 25th May** at **Minster Club**

Lost Communities of Sheppey

Chris Reed



Lost, lost, lost forever – Lost but not forgotten!

A previous, well received speaker, Chris returns with another presentation in her unique style, where she will tell us about the lost communities of Sheppey.

Chris will take us on a journey in the exploration of hidden stories and rediscover the long-lost places and people of Sheppey.

Non-members are welcome £3 – Come and see how we “learn, laugh and live”

Save the date for next month: Thursday 22nd June

Diana Winch – Huguenots in Kent

COMMITTEE NEWS

Annual General Meeting – MAY 2023

We will be holding our 2023 AGM prior to the meeting. Members should have received the agenda by email. We do not expect this part of the meeting to take too long and this will be followed by the usual member's monthly meeting.

Our Isle of Sheppey u3a can only continue with the support of our members. Expressions of interest from members who feel that they could contribute to the running of our u3a either by joining our committee or more informally will be gratefully received.

REFRESHMENTS

Refreshments are included at our monthly meetings and the committee would especially like to thank Linda who has taken on the role of organising the refreshment service along with Val who also regularly helps out. We always look forward to those occasional 'cake' months where Linda provides a lovely variety of handmade cakes which are popular amongst our members.

Bring Your Reusable Cup

You might remember, before covid, we asked you to bring your reusable coffee cups and many of you did so. Now we are back to collecting our own tea/coffee, we would be grateful if you could do this where you can. Not only is it more environmentally friendly to reduce our use of these single use cups, but reusable cups are also nicer to drink out of and can save our u3a some money on the increasing cost of these consumables. We will, of course, continue to have plenty of disposable cups on hand.



David's Slice of Life

I won't bore you all by prattling on about how food prices (and the price of just about everything else) are going through the roof. We're all only too well aware of that.

To pick a small example by way of illustration, my wife and I occasionally buy a couple of cans of reduced calorie soup at a local supermarket – our token effort at weight loss! A few weeks back, each can cost 60p. Now the price is 75p, a 25% increase and more than twice the inflation rate. I could choose another reason for this excessive price hike and I'm sure you can guess what it is!

But “shrinkflation” – what a wonderful word that is – was already eating into our household incomes long before galloping prices became headline news and now it's getting worse.

If you haven't come across the word before, it was coined to describe the way in which manufacturers shrink the size of their products to avoid increasing prices. Anyway, that's the theory. In reality, the products shrank but that didn't stop the price going up. Now there's a surprise !

What better example of shrinkflation could there be than some of the nation's favourite chocolate bars, even packets of crisps, and a whole raft of other products, which are now just a shadow of their former selves. Walking around a local supermarket the other day, I couldn't resist a chuckle on seeing two household-name chocolate bars with the word “chunky” emblazoned on the wrappers. Who do they think they are kidding? Chunky? They're about half the size they used to be when they were “normal” size! In the same supermarket, I also noticed that even chickens – yes, chickens - are not immune from shrinkflation. Extra-large chickens now appear to have shrunk to the size of large chickens, large chickens are now the size of medium chickens and small chickens, well, they now resemble a budgie on steroids. At this rate, it won't be long before we can stuff our large Sunday roast chicken with half a dozen small ones.

Nowadays, we take chickens for granted because every supermarket is full of them, but turning the clock back more than 65 years to my childhood days, when there were no supermarkets, it was a different story. The only place you could buy a chicken was from a butcher's and my parents only bought one chicken – a large one, and I do mean large – a year, for our Christmas dinner. No one thought: “What a shame, we're not having a turkey.” Turkeys did not enter our culinary consciousness.

For most families in the bleak post-war years, a turkey was an unattainable luxury. A large roast chicken, complete with all the trimmings, was THE annual treat to be looked forward to. Bob Cratchit would know exactly what I mean.

But things were different one Christmas. My parents lived in a small bungalow with about an acre of land. I can recall that one January my dad bought a small (live) turkey at Maidstone Market, which he reared throughout the year. At the age of 10, it was my “job” to coax it down from the trees every night.

I can also recall that the turkey mysteriously disappeared about a week before the following Christmas. My memory of what happened next is a little patchy, but I can guess.

When I say we never had a turkey for Christmas dinner, I might just be wrong



Roast Chicken - Once an annual treat

NEW INTEREST GROUPS

The two new Interests Groups have got off to a flying start. If you are interested in joining either of these groups, please sign up at one of our meetings or email us at: isleofsheppeyu3a@gmail.com

SINGING FOR FUN INTEREST GROUP

Pam is the facilitator for this group and they have decided to focus on songs from the musicals. The group will be meeting on the first and third Wednesday afternoons at the main hall in Minster Working Men's club at 2pm – 4pm. There will be a small fee charged to group members to cover the cost of hiring the venue.

SOCIAL HISTORY INTEREST GROUP

This group is facilitated by Celia and will meet on the third Friday afternoon each month from 2pm- 4pm at The Abbey Motel (now the Abbey Hotel) Minster. There will be a small charge for the venue and will include tea/coffee and biscuits.

UPCOMING WORKSHOPS

FLOWER ARRANGING DEMONSTRATION – Tuesday 23rd May 2-4pm – Minster Working Men's Club

We have plenty of room in our hall, so we still have space available at this demonstration. If you are interested in joining us please let us know. Donations at the end of the demonstration to the **Wisdom Hospice** would be appreciated.

WILDLIFE GARDENING WORKSHOP - Monday 22nd May (All Day)

This workshop is fully booked so we will be interested to find out how everyone got on in due course. If you are interested in learning about how to make your own garden more wildlife friendly and have not joined this workshop, please see our many articles on our website: <https://u3asites.org.uk/isle-of-sheppey/page/121766> Helen who is also a volunteer for Kent Wildlife Trust is also happy to give members more information. You can also find out more about Kent Wildlife Trust here: <https://www.kentwildlifetrust.org.uk/events>

FREE WORKSHOPS

Several of our current and future events and workshops are part funded by grants we have been able to secure and are open to all members. These events and learning opportunities are supported by our successful, local grant applications to Minster Parish Council and Swale Borough Council for improving cultural and leisure opportunities for seniors.

If you have any ideas for future workshops and would be prepared to get involved and help out please let us know.

Workshop places are limited so please let us know if you are interested in any of the advertised events/activities: Email us on isleofsheppeyu3a@gmail.com

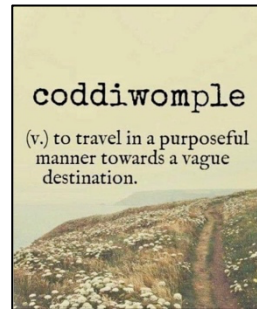
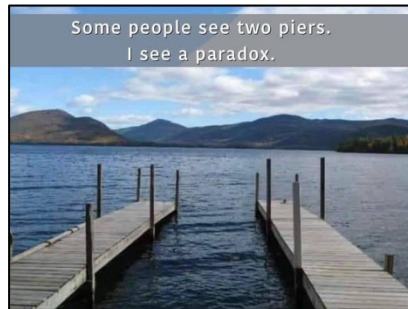
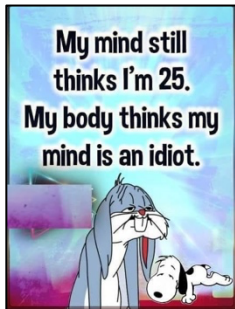
ACTIVITIES

COBHAM HALL VISIT – Thursday 13th July

This visit is currently fully booked. Lynda, who is coordinating this visit has been able to confirm that the venue will be able to accept 45 visitors with 3 guides, we are also holding a waiting list. We have sent confirmation emails to all those who are successful and will be collecting payments for these places at our next meeting, members can also pay by bank transfer if they prefer.

We request that any member who subsequently finds that they cannot attend, to please let us know as soon as possible so that the place can be filled by a member on the waitlist.

KEEP SMILING



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.

22 nd June	24 th August	26 th October	14 th December
27 th July	28 th September	23 rd November	

NATIONAL u3a - <https://www.u3a.org.uk/>



Have you listened to the monthly **u3a Radio podcasts** on YouTube? Click here for the full list of radio podcasts since they started in September 2020: https://www.youtube.com/playlist?list=PLsB2t41TNozHSJ4fvod_yjxrUJDzqbDD

Have you signed up for the NATIONAL u3a NEWSLETTER? Get the most up to date news from National Office and find out about learning events as they are added. <https://www.u3a.org.uk/contact>

Information & Contact Details

You can contact us here: 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

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