

Mansfield & District
U3A
Learn, laugh, live

NEWSLETTER



Established 1999

OCTOBER 2020

Website: www.u3asites.org.uk/mansfield/home

Flickr: www.flickr.com/photos/mu3a2016

Facebook: www.facebook.com/groups/349190408987691/

Words from the Editor Bill Harrison

Following approval at the AGM held on Saturday 12 September, I am now officially the Newsletter Editor. I strive to bring you a Newsletter filled with Learning, Laughter and Living. But this can only happen with the contributions from our Members/Group Leaders.

As many of you know, Jean Kirk, who features on our front cover, is standing down after 20 years as Group Leader of Tai Chi. Jean can step down with the knowledge that she has limbered up her ladies and gents, promoting health and fitness. We are pleased to report that Jean will continue as a member of the Group.

Jean will be a very hard act to follow, but we are confident that Lorna Pye will carry the Tai Chi torch to the best of her ability. Due to the current Government guidance, Lorna is looking to have a virtual Tai Chi session soon. Further details to be found on the U3A website.

We say au revoir to the lovely Jacqui Hampshire, as she hands over the role of Chair to Amanda King-swell, to whom we wish good luck in her new role. We thank Jacqui for her continued support over her term in office, her enthusiasm and wit have carried us through the good and the bad times. Jacqui will continue her role as Group Leader of Dining with Friends and Mini Breaks.

So, as one door closes, others open to welcome:

Stephen Cross, Shadow Treasurer/ Committee Member,
Mick Kennison Committee Member.
Lorna Pye group leader of Tai Chi.

We thank you for your support.

Special mention to Yvonne Kennison, for the outstanding organisation in making the AGM happen.

The Mansfield & District U3A is safe in the knowledge that enthusiasm is thriving amongst our Committee and Group Leaders.

Well, as we enter the final quarter of 2020, we reflect on a year and a quote from HM Queen Elizabeth II would term "Annus Horribilis". As we take one look at our front cover lady and the smile says it all, as we Live, Laugh, Learn back to normality.

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DRAFT

21st Annual General Meeting of the Mansfield & District U3A

At St Philip Neri's Church, Chesterfield Road South, Mansfield, Notts. NG19 7AB

Saturday 12 September 2020

2.00-2.25pm

MINUTES:

1. Background:

Following the Covid 19 pandemic in March, Mansfield U3A had not held any members' meetings since then. Discussions had taken place about holding a virtual AGM, as had been agreed by the Third Age Trust as a viable alternative. However, Yvonne Kennison had been able to book this venue as they had excellent safety measures in place to ensure that we could all meet safely.

A month prior to the meeting, the Agenda had been emailed out to all members. Then a week ago, the Agenda, Minutes from the previous meeting, the Balance Sheet and reports from the Chair, Treasurer, Membership Secretary, Groups Co-ordinator, Web Administrator and Newsletter Editor had been emailed out in the Newsletter. Members not on email had been telephoned and Newsletters including all the documentation had been printed off.

The number of attendees present (22) and the proxy votes we had received (23) ensured that we had required quoracy of 20% of the paid-up membership (103).

2. Attendees:

Mrs J Hampshire, Mr & Mrs M Kennison, Mr & Mrs B Harrison, Mrs J Hatton, Mr S Cross, Mr P Tucker, Mrs L Payne, Mrs J Fell, Mr & Mrs B Longden, Mr I Lakin, Mrs S Newlyn, Mrs M Lepley, Mrs B Dixon, Mrs J Kirk, Mrs S Cotterill, Mrs M Watling, Mrs L Pye, Mrs S Winson, Mrs S Atkinson

3. Chairman's Welcome:

Chairman Jacqui Hampshire welcomed members to the 21st AGM. She thanked everyone for turning up at such short notice and Yvonne for having made the arrangements so quickly.

Jacqui also thanked the Committee and Group Leaders for their hard work and commitment. Some Groups were still meeting, albeit in different formats to previously and these were congratulated.

Jacqui Hampshire referred to her report contained within the September newsletter.

4. Apologies:

Apologies had been received from Mr & Mrs D Bradbury, Mrs J Turner, Mr & Mrs I Blackwell, Mrs V Hart, Mr & Mrs G Kirk and Mrs A Kingswell

Apologies and Proxy Votes:

These had been received from Mr M Allen, Mr & Mrs A Miller, Mrs A Thompson (thanks to the Committee for taking on the roles), Mrs J Hough, Mr & Mrs B Harvey (appreciation of the Committee over the last six months, Mr I Smith, Miss M Barrow (thanks the Committee and in particular Jacqui and Mike), Mrs M Limb, Mr R Tansley (thanks to the Committee), Mrs S Spurry, Mrs S Haslam, Mrs S Pegg, Mrs B Orange, Mrs M Thornton, Mr & Mrs I Boucher, Mrs V Jeffries, Mrs S Whalley, Mr & Mrs P Thurstle and Mr G Davies.

5. Approval of the 2019 AGM Minutes:

The Minutes were approved after being **PROPOSED** by Mr Bob Longden and **SECONDED** by Mrs Y Kennison.

6. Treasurer's Report:

Yvonne Kennison presented her report, a summary of which was contained within the September Newsletter and on the website.

Expenses and income had been included and Yvonne had tried to be as transparent as possible. Mrs Danuta Allsop had audited the books this year and she has agreed to undertake the Audit next year. She was proposed by Carole Harrison and seconded by Bill Harrison

Yvonne thanked everyone for all their fund-raising activities, including buying books and for buying lottery tickets which provided a monthly income of £14-15 per month. The Games Night had been postponed, but will be taking place in the New Year.

Yvonne thanked Sheila Pegg, the Group Treasurer for all her hard work, particularly in relation to all the refunds that had been received from cancelled events.

Yvonne also thanked Stephen Cross, who was standing for the Committee and had agreed to be Shadow Treasurer for a year before taking on the role.

The Financial Report was approved unanimously after first being **PROPOSED** by Mrs Jean Hatton and **SECONDED** by Mr Ian Lakin.

7. Nominations for the Committee:

Members standing down from the Committee were Jacqueline Hampshire (Chair) and Mike Allen (Newsletter Editor).

New members seeking election to the Committee are:

- Amanda Kingswell (Chair)
- Yvonne Kennison (Treasurer /Vice Chair)
- Sheila Pegg (Group Treasurer)
- Carole Harrison (Business/Minutes Secretary)
- Philip Tucker (Speaker Finder)
- Jean Hatton (Membership Secretary)
- Lynne Payne (Groups Co-ordinator/Safeguarding Lead)
- Mick Kennison (Committee Member)
- Stephen Cross (Committee Member/Shadow Treasurer)

Members with Special Expertise are:

- Bob Longden (Website Administrator)
- Mike Allen (Website Editor)
- Bill Harrison (Newsletter Editor)
- Sarah Spurry (Facebook Officer)

It was **PROPOSED** by Mrs Sue Longden and **SECONDED** by Ms Sylvia Newlyn that the Committee be re-elected en bloc. This was unanimously **APPROVED**.

8. Any Other Business:

The proposal that Subscriptions be reduced for this year only to £12.00 for full members and £8.50 for Associate Members was **APPROVED**. This was due to the impact of Coronavirus.

It was **PROPOSED** by Mrs June Fell and **SECONDED** by Mr Bill Harrison.

We would not be ordering the U3A diaries this year as we are unable to distribute them due to Members' Meetings not being held for the foreseeable future.

Yvonne Kennison presented Jacqui Hampshire with a Certificate of Appreciation, gift voucher and flowers to thank her for her time as Chair. A wine gift card and Certificate of Appreciation would be presented to Mike Allen who was standing down as Newsletter Editor. A Certificate of Appreciation would also be delivered to Amanda Kingswell for her work as Membership Secretary.

9. Date and Time of next Meeting:

The next AGM would take place on **Tuesday 21 September 2021**.

MESSAGE OF THANKS FROM JACQUI HAMPSHIRE

I've enjoyed being an active member of the Mansfield U3A and will continue to support whatever and wherever I can in the future.

Thank you for the thoughtful gift presented to me at the AGM it was a very kind gesture and totally unexpected. I feel there is no better time to welcome friends into your lives as now. May we gain strength from the comfort of our friendships.

Thank you for your support during my two-year tenure.

Jacqui x.



MESSAGE OF THANKS FROM MIKE ALLEN

Retiring Newsletter Editor Mike Allen wished to thank everyone for his gifts. An appreciation Certificate and Wine Gift Voucher. He will be missed as our Editor but will continue his role as Website Editor.

AMANDA KINGSWELL MADAM CHAIRMAN:

As I take over from Jacqui, who has done a sterling job over the last two years, I wonder what lies ahead for me in my new role as Madam Chairman... not a lot at the moment!!

I'm sure you will all agree with me when I say what a strange world we're living in, my thoughts are with you all and I hope that you have all managed to keep safe.

Personally, my home has never been cleaner and I've done a lot more baking. I now have to watch how much I bake because our daughter has gone off to University and our son has gone back to school (where he boards through the week) which means the only person eating the baking is my husband. This isn't a problem for him at all but it is for his waistline!!!!

I hope that it isn't going to be too much longer before we can all get together again. Until then, stay safe.



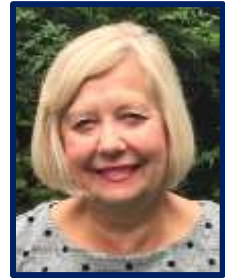
YOUR ELECTED COMMITTEE MEMBERS



Amanda Kingswell
Madam Chair



Yvonne Kennison
Treasurer



Carole Harrison
Business/ minutes Secretary



Jean Hatton
Membership Secretary



Lynne Payne
Groups Co-ordinator



Sheila Pegg
Group Treasurer



Stephen Cross
Shadow Treasurer
Committee Member



Mick Kennison
Committee Member



Philip Tucker
Speaker Finder

GROUP NEWS:

Strollers: Susan Howlett / Val Hart

On Wednesday 9 September, we managed our first stroll since March. It was a beautiful summer day when we met at Vicar Water. Members enjoyed the gentle walk and also the opportunity to see people after such a long break. We tried to practise social distancing.

The next walk is at Edwinstowe on October 14th

As the social distance rules have been changed, we can now only meet in groups of six (6). We have therefore arranged to meet as four (4) groups of 6 at quarter hour intervals. The groups starting at 10.00 am, 10.15 am and 10.30 am are already full, but there are a few places left for 10.45 am.

If you would like to join this group please contact **Sue Howlett on 01623 627423**.

We are meeting at the entrance to the **RSPB Information Centre (NG21 9RN)**.

·Please note that the official car park is across the road and it takes a few minutes to walk to the centre.

·You must arrive at the Centre at the exact time for your group so that each group is clear of the start point before the next group arrives.

·You must not meet or mingle with any of the other groups at any time to stay within the current law.

·**You must remember the 2metre rule.**

Craft Workshop: Ruth Colley

Unfortunately, Craft Workshop meetings are suspended for the foreseeable time as we meet at my home and so cannot comply with Social Distancing or the Rule of 6 at present. We are a small group and I am in touch with the members.

Last Golf Fixture: Paul Mann

On a rainy Thursday morning at ORMONDE FIELDS GOLF CLUB at Codnor 7 members turned out for the game. It reminded us of the previous game at Alfreton when it never stopped raining. However, this by 10.00am the sun came out and waterproofs were put away for the entire game. The course was very tricky with lakes trees slow fairways and difficult greens. All members struggled to put a decent score on the cards. I will not go into details of the scores to preserve the dignity of the members particularly of the GROUP LEADER, but the game was won by Tony Peach. This was assisted by the Group Leader giving him 2 extra shots!

Sci-Tech: Ian Boucher

SciTech accommodation is a problem because the Stanton Hill facility may have closed. I am contacting Terry Whitehead for information but have provisionally asked St Johns Church Hall for our meetings.

I will keep you informed when I know more.

Walkers Group: Joy Crowe

The Walkers Group has started meeting again, we did the planned walk last month and are planning to carry on while taking note of the advice from the Government and I have taken note of what the Ramblers Association has to say on the subject.

Ramblers Group:

The latest advice from the 'Ramblers' website. -----

Please follow the latest advice (including any local restrictions in your area), and practise physical distancing.

England & Scotland:

Please note that as organised 'outdoor physical activity events', Ramblers and Walking for Health group walks are exempt from the restrictions on social gatherings, known as the 'rule of six' in England (from 14 September).

Solo Dining Group: Sheila Pegg

During the pandemic Solo Diners were invited to send me photos of their meals on Solo Dining night. Some contributed, some didn't. We held a September picnic which was almost called off due to a shower of rain but our stoicism shone through and we were rewarded with a beautifully warm summer evening. Only three of us attended but it was most enjoyable and two hours flew by.

Since then, I have decided to suspend the group for the foreseeable future as restaurants are unable to accommodate us safely - we were always a group of 15-20 and social distancing such a large group would be impossible.

However, some of us have been meeting in smaller groups on random days rather than the designated day and I am in the process of distributing contact details of the members who have given me their permission, to the rest of the group so that people can make their own arrangements and still be able to enjoy contact with each other.

The whole idea of the group is to enable people who live alone to make new friends and to be able to enjoy a night out in good company and not feel isolated. I'd be happy to receive contact from any members who may have recently found themselves alone and invite them to join a small group.

Bridge Club: John/Joan Hufton

The Bridge Club will not be starting up for a good while yet.

Best wishes to everyone, stay safe.

TAI CHI: Jean Kirk

I have been a U3A member for almost 20 years. At that time, I was involved with helping to set up Tai Chi, (free for U3A members) with Lifelong Learning. Ken Mead was continually our tutor from that time. I have always helped with the group and was soon back after recovering from my hip fracture. I took over leadership of the group when Cliff Laycock became ill about 7 years ago and continued until my hand arthritis caused me to resign recently. The group has continued to develop to 38 members until Covid took its toll on all our lives.

I feel sure Lorna will do well with our Tai Chi when there is some normality in our lives again.

Tai Chi: Lorna Pye

After organising Tai Chi for many years, in her own lovely friendly way Jean Kirk is unable to continue due to arthritic hands, preventing her from typing.

I have agreed to take over. We have had no meeting since 2 March but our instructor Ken has agreed to doing ZOOM classes for those with email addresses, this should start on 28 September.

I am making arrangements for the classes to start again at St Johns Centre in the New Year. With the Covid virus still making things very difficult, nothing can be confirmed at the moment. I will endeavour to keep everyone up to date.

Pete Thurkettle U3A Group Leader for the Hiking Group for 15 years.

COWS PLUS DOGS CAN SPELL DANGER!

You may have heard in the news over the last two days that a teacher from Richmond, North Yorkshire, was killed by cows while walking across a field. Earlier reports hadn't mentioned that he was walking his dogs at the time. Also, another incident earlier this month in the Peak District near Sheldon was where a woman was seriously injured when trampled by cows that also killed her dog.

I've been hiking for many years and although, with my group of hikers, we've crossed many fields containing cows (and sometimes bulls) we've never experienced an incident that we couldn't deal with. So, when crossing a field that contains sheep but more particularly cattle, especially young stock you will find them quite inquisitive and will often follow walkers. But it is cows who feel naturally very protective of their calves making them even more touchy. I would therefore suggest you consider the following, particularly if you have a dog/s with you.

Do not panic if you are followed by the cows, walk calmly and quickly away from the herd. If you are walking with your family dog on a footpath and find that the cattle are on the path, avoid going straight through the middle of the herd. Take a wide detour and walk calmly around the animals with your dog on a lead. Do not walk between a cow and its calf.

If cattle move towards you and you feel threatened by them, release your dog from the lead to let it run free and move quickly but calmly to safety.

I'm writing this article to inform our U3A members that you shouldn't be put off from enjoying your walks in the countryside, indeed, it has been shown that being in an outdoor environment such as taking a walk across a field or through woods while observing all the nature around you will increase your brains alpha waves, reduce your stress levels your heart rate and mental anxiety.

The points to remember are that if you are threatened by cattle to **let your dog off its lead to run free and don't pick it up**, observe the above and go out and enjoy your walks, pump up your alpha waves you'll feel all the better for it.

Beadwork Group: Marilyn Jones

Our Group meetings are still happening at the moment and we are keeping our fingers crossed that the Government don't put a stop to it. If they do stop us then we have plans to use Facebook Rooms or Zoom to carry on as well as we possibly can.

Our Wednesday group is full at six members and everyone is progressing well with their various projects but have not fully completed anything as yet except for myself. Hopefully we will have some more photos next month.



Photo 1 – Some Earrings that I made. Photo 2 – Heavenly Vault Ornament Trinket Box



Photo 3 – A Peacock Bead Embroidery that I made for a friend

Writing for Pleasure: Hillary Miller

Write a review of a book you have read or film you have watched during lockdown.

It will come as no surprise to fellow WFP members, the ones that have known me for a while, that I am a sucker for a happy ending. This has inevitably narrowed down my list of reading or viewing material over the years, as I am not a fan of horror or gratuitous violence and my imagination doesn't stretch far enough for fantasy or sci-fi.

So, during lockdown I have been happily revisiting all of my old favourites in paperback, hardback (some treasured first editions), kindle and DVD. "Please don't give us a list!" I can hear you groaning into your mug of coffee. But needless to say, my black, always dusty, bookshelves are home to sixty-year-old books of children's classics, such as Enid Blyton's *The Wishing Chair* through to slightly more up to date favourites like Alexander McCall Smith's *The No.1 Ladies Detective Agency*.

I do occasionally break out of my happy ever after bubble and at the moment I am reading two books. One book is a tatty paperback of Ian Rankin short stories in the Rebus series, which I can easily dip in and out of and then put down. I have read quite a few of Rebus novels as he tends to visit the corpse after the murder has been committed (obviously) and is frugal with the grizzly details. My kindle book is by Martin Walker and I am reading the second book in the series about Bruno, Chief of Police. Bruno lives in St Denis, a small village in the south of France, and he combines his love of food with his love of solving a ripping good murder or mystery. With about fifteen books in the series so far, plus the inevitable spin-off Bruno cookbook, it will be quite a while before I can report back with my review on that lot, as I read at a snail's pace.

My old favourites like Poirot, Miss Marple, Gerald Durrell, *Darling Buds of May*, *Mapp and Lucia* and lots more, I also have on DVD. I love to read the stories and at the same time, picture the actors playing the parts, with their costumes and mannerisms helping with the nostalgia and escapism.

I am so attached to my collection of happy ending books and DVD's that I have given strict instructions, to younger members of the family, that I want to be buried with them. How they are going to achieve that, when the time comes, I have no idea!

Book Review: Tracey's Book Review Homework

I love to read and it is one of life's blessings that I am able to do so every day. With that statement it could be assumed that I would find writing a book review a walk in the proverbial park. Unfortunately, nothing could be further from the truth. The books that people choose to read can be very revealing. Whilst reading I have laughed, cried and generally lived the lives of the characters within the pages. To write a book review is tantamount to baring my soul. So, I am afraid that I can only offer you a gentle skimming over the types of reading matter that are of interest to me.

I take pleasure in cookbooks and my collection is great and varied. You could find me drooling over the food stylist's photos. The relevant terminology for this is gastro porn, which sounds rather kinky but don't blame me I didn't invent the term. In my defence I don't just look at the pictures. The words transport me to lands where figs dry under a hot sun and where families work together to pickle and preserve the bounty of summer before the winter cold. Cookbooks can also take me back into the past with tips on how to adjust the recipe if I haven't got an egg or the chapter on foods for invalids.

I am a magpie drawn towards the pretty, sparkly things in this world. I read about gems and jewels, the arts deco and nouveau, and the Belle Époque. I lust after the jewellery of Lalique but content myself with reading about the costume jewellery that I may be able to find in a charity shop. I would love to have a metal detector and have recently downloaded several books on the subject. I read about treasure that has been found with all the covetousness of a miser. I recently read the Angela Kelly book 'The Other Side of The Coin' in which the Queen's Dresser talks about the work that goes into what Her Majesty wears. Ms Kelly reveals that the Queen loves a bargain and so the Dresser sometimes buys ends of rolls from the purveyor Joel and Son Fabrics. I took a look at the sale section of their website and feel that HM needs to be introduced to a charity shop rummage or car boot sale if she really wants to have a good bargain and maybe she would like a metal detector too.

However, the books that I read the most would come under the umbrella title of Fantasy Fiction. Since being introduced to the old library at a young age I have revelled in worlds where magic is real and the supernatural can be found on the street corner. You may see me as a plump lady of middle age but in my world, I am a kick-ass warrior princess with super powers. Now, not a lot of people know that so please keep the information to yourself or I will be forced to hex you!

Film Review: Yvonne Kennison's Film Review Homework

What more can you want from a good film than to be able to get inside the characters and understand their thoughts and actions. Based on Evelyn Waugh's 1945 book entitled *Brideshead Revisited – The Sacred & Profound Memories of Captain Charles Ryder*, my 2008 film is a pared down version of the 1981 mini TV series.

For anyone not familiar with the story, Charles, an only child brought up in modest circumstances by his undemonstrative father, meets up with Sebastian Flyte at the beginning of his Oxford university student life. He is mesmerised by the flamboyant effeminate Sebastian and the crowd of upper-class snobs. Sebastian soon declares Charles to be his best friend and on a whim one day takes him to his ancestral home, knowing that his family will not be there. Filmed at the beautiful Castle Howard, Charles cannot fully comprehend that this friend was brought up in such a palatial home, known in the film as Brideshead. Sebastian introduces Charles to his nanny, the only person, apart from the servants occupying the Castle, but when he sees his mother and sister approaching by the long drive way, he quickly drives him away, stating that he doesn't want Charles to meet them. Charles asks if he is ashamed of them or him. His reply is that he doesn't want his family stealing him away, which of course they do.

The story explores the effects of guilt the Flyte siblings suffer from brought about by the devout Roman Catholic upbringing by Lady Marchmain ably played by Emma Thompson. Julia, Sebastian's elder sister and Charles immediately become aware of a strong attraction to one another, but Julia cannot acknowledge her love for Charles because he is declared himself an atheist and her mother would never allow such a union. Sebastian's life is blighted by his guilty conscience, brought about by his louche lifestyle, openly gay he tries very hard to block out his mother's disapproval and the constant reminder by her that he is living contrary to the Church's and therefore God's teaching. When he witnesses Charles and Julia share a tender moment, he realises his friendship is no longer exclusive and begins drinking to excess and becomes an alcoholic, fleeing to Morocco where he can escape his mother's disapproval. The hold the church has over the children is explained to Charles by a line quoted to him by the youngest daughter, which is taken from G K Chesterton's *Father Brown* "I caught him with an unseen hook and an invisible line which is long enough to let him wander to the ends of the world, and still to bring him back with a twitch upon the thread." This resonates strongly with anyone brought up in the faith.

No-one comes away at the end with a happy ever after scenario, except perhaps for the Father of the Flyte children who comes back to Brideshead with his mistress from his home in Venice, to die and to accept the last sacrament and hopefully redemption at the last minute. Charles and Julia, who have both married and divorced different partners in the intervening years, have briefly come together, but upon the death of her father, Julia realises that she cannot live outside the church's teaching and therefore spurns a life with the one true love she has had. Charles has no choice but to accept that her faith has triumphed and you briefly see some recognition of his understanding at the end. Really good performances throughout, especially by Matthew Goode as Charles, Ben Wishaw as Sebastian and Hayley Atwell as Julia. Well worth a couple of hours of anyone's time.

CHRISTMAS LUNCH: 4 December 2020 at the Hostess

Yes, you are seeing the pictures correctly. It goes against my firmly held belief that you shouldn't mention Christmas before 1st December but unfortunately in this day and age, we have to make preparations if we want to have any sort of celebration, and this year it is even more important than ever.

It is going to be hard for all of us to contemplate getting together for our annual Christmas Lunch at the Hostess Restaurant but I have been in close contact with them and they are being completely optimistic, believing that we will be able to gather safely together.

However, I have expressed our concerns, especially taking into account our age group and any health issues we might have. We do have another three months before we are due to meet but it would be helpful to us and the Hostess, who I must say are being very helpful and understanding, if you would be kind enough to let me know whether, providing there isn't another lockdown, you would be prepared to join up with other members to celebrate with a three course meal and entertainment as in previous years. I am sure that every precaution will be taken to ensure our safety but will understand if you envisage that you will still be too nervous to make it.

I would appreciate knowing one way or another. Thank you. Yvonne
email: Treasurer.mansfieldu3a@gmail.com



LEARN, LAUGH, LIVE

It was George Bernard Shaw, who penned the phrase:

“We don’t stop playing because we grow old; we grow old because we stop playing”.

A phrase, that is connected to our U3A logo. Learn, Laugh, Live.

There can be no better time to embroider this quote into our minds.

Please find a few clips sent to me by Sheila Whalley

Learn:

Believe in Yourself by Chrissy Greenslade

Believe in yourself, in whatever you do,

Your courage, your efforts will carry you through.

Believe you can do things, just try, do your best,

You’ll find that in life you’ve been put to the test.

One day you’ll succeed - if your aims meant to be,

Your positive thoughts will from doubt set you free.

Don’t worry if your path’s not easy to tread,

Hold onto your dreams and go forging ahead.

Whatever is right then one day you’ll receive,

Depending on if in yourself you believe;

If you change direction and divert your aim,

When your path feels good and your motive’s the same.

Your instinct’s enough, so just follow your star-

Though maybe your life is just right where you are.

Keep faith, be content if your progress seems slow,

You’ll get there one day if you go with the flow.

Laugh:

Always read the label.

Our dearest Dilys, with her constant visits to the toilet, hears the voice of her neighbour.

“No wonder you’re still on the toilet Dilys. Remember the pills that were blue, you were supposed to take two every twenty-four hours. Not twenty-four every two hours”:

Live:

What Counts - Author unknown

It's not the greying hair,
It's not the missing teeth.
It's not the crumpled skin,
It's the person underneath.

It's not the groaning joints,
It's not the fading eyes,
It's not the memory loss,
It's the person deep inside.

It's not the walking stick,
It's not a bandage or a scar,
It's not the outer things,
It's the person that you are.

Rhyme for Our Time by Thomas Kelly

What is life if, full of Samsung
We have no time to talk to our young?

No time to say look at that doggy over there
And see the squirrel on the chair.

'Mum, where are we going next?'
'Just a minute, I'm answering a text.'

Someday we'll be old and alone at home,
Wondering why our children don't call or phone.

Well now they are all in their own homes,
Glued to their tablets and staring at phones.

Age is of no importance unless you are a Cheese.
I am young at heart, but a little older in other areas.
Time may be a great healer, but it's a terrible beautician.
When did my Wild Oats, turn into Prunes and All-Bran?

LEARN, LAUGH, LIVE.

Subscriptions 2020/2021. Current members: £12 New members: £17.
Associate members £8.50. Cheques payable to *Mansfield and District U3A*.

The Membership Renewal Form can be downloaded from the website or will be available from the Treasurer at the monthly meetings.

Please Note: All current members must complete all sections of the Membership Renewal Form to comply with Data Protection laws when paying their subscriptions. Thank you.

Online Banking is now available to members to pay their subscriptions online. As publishing details for this facility has compromised its security, members are asked to apply to the Treasurer.

Event and Visit Payments

Members are reminded that deposits and payments for events and visits organised by Mansfield U3A and its interest groups are non-refundable, but places may be offered to others. Please note: if you go on a trip/visit organised by a company, cheques for the event must be made out to the company, not Mansfield U3A.

Changes of Address, etc. Please contact the Membership Secretary, Jean Hatton on (0793 5707582) if you've changed your address, phone number or email recently so that she can update our records.

Disclaimer

The views expressed here are those of the contributors only, and do not necessarily reflect those of the editor, the Committee of Mansfield U3A or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur.

Please send contributions for the next issue to bill20newsletter@gmail.com or by hand to Bill Harrison as soon as you can and by the 1st of the month at the latest. Thanks!

Editor: Bill Harrison: 01623 462188 / 0784 9966962

THE THIRD AGE TRUST
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