

INTOUCH

Newsletter of the Shaftesbury and Gillingham U3A

Dear All,

The next 2 months seem to full of activity and looming change. I am well aware that some of you may feel uncomfortable at all the changes, but we need to approach the changes positively and see them as an opportunity to renew and refresh ourselves as an organisation.

This month sees us having our last meeting at the Olive Bowl, prior to its closure at the end of August. September will see us meeting at the New Remembrance hall at Charlton, Ludwell and on a different day: the FIRST THURSDAY in the month!

As well our monthly meeting, we having a table at the Gillingham Town Fete on 16th July in order to publicise our activities and remind , or even inform, people, that we do exist and are welcoming to new members. Volunteers to do a shift are most welcome! Please let Bill, the editor of In Touch, know if you can spare an hour for this.

August sees a lunch meeting - at the Olive Bowl on the first Tuesday, i.e. on 2nd August. Roger has sent out notifications. Please can you reply asap , as that does help the organisation of the event?

Here's hoping you all have a lovely summer, undertaking many of the things that you used to do BC [before Covid]

Liz Greenway Chairman.

Hail and Farewell: Greer

As many of you may already know, Greer Tilbrook, our Groups' Officer is on the move to Bristol to be closer to her family. She will be stepping down from her role towards the end of July. On behalf of the committee and all of us in the Shaftesbury and Gillingham u3a I would like to thank her for her hard work and support. We wish her well in the next phase of her life.

Barbara Hurst has offered to take on the role of Groups' Officer, and will be in situ from the end of July. Thank you Barbara, and we look forward to working with you.

Liz Greenway - Chairman.

Membership Renewals

I plan to open up renewals from 5th July, the date of the July Meeting. Payment arrangements will be the same as last year i.e. PayPal, BACS or cheque and although I will accept cash at monthly meetings, I would prefer it if you paid by one of the methods mentioned above. Membership fees are the same as this year, i.e. £10 Individual and £20 joint, but the cost of the Third Age Matters Magazine has risen slightly to £3.25.

Peter Grange - Members' Secretary

Meetings from September

The full address of our new venue is:-

New Remembrance Hall, Remembrance Field,
Parhams Lane, Charlton, Shaftesbury, SP7 0PL

Trips Group

Sadly due to lack of support the Trips Group has been disbanded. The trip to Montacute House (National Trust) and Fleet Air Arm Museum planned for 12th July 2022 has been cancelled.

Alan's humour

A man goes in to a Chemists shop and asks the man behind the counter if he has anything to stop hiccups. The chemist promptly reaches out and slaps the man on the face. What did you do that for the man shouts. Well you don't have hiccups any more do you the chemist replies smugly. No I don't the man replies, but my wife out in our car does!

Summer Lunch - August 2nd - £18

This year we are repeating the summer lunch for the August meeting. Following the successful Christmas meal at the Olive Bowl last December, we decided to return here (probably the last time at this venue) for a summer lunch. It will be a buffet style 2 course meal and the menu is on page 4. The date is Tuesday August 2nd 2022 and the price is £18 per person, including gratuity.

Closing date for orders is July 14th 2022, if you are wanting the fish or veggy options do ensure you indicate this on the form.

News from the Natural History Group

We have recently been enjoying visits to grassland reserves which are full of wildflowers and grasses. At Bab Cary Meadows, a Somerset reserve, we saw huge numbers of Green-winged Orchids and on White Sheet Hill, near Mere, there were Common Spotted Orchids coming into flower. Shortly we will be off to another Somerset reserve in the hope of seeing many more orchid species.



I have recently added to the Natural History Group section of the SGU3A website, an updated note of our focus this summer along with our visits programme. U3A members are welcome to ask to join a field trip with us by contacting me, marionhammond@btinternet.com, so I can send more details.



I have also added the visit reports that I send out to group members after each visit, listing what we saw and including a few pictures. These may be of interest to other U3A members.

Marion Hammond - Group Leader

Book Group

It has been suggested that we should have a book group. If anyone feels that they would join such a group please let me know. I'm not proposing to run it but if we get several interested members I'll circulate everyone and we can take it from there.

Bill McIntyre - contact details on page 5

Speaker for Thursday 1 September

SUSAN BRATTIN **"A HORRIBLE HISTORY OF SCOTLAND"**

Susan was born in Edinburgh and always found history an interesting subject with the Castle and the Palace on her doorstep. She studied at Edinburgh university for an MA which included one year of Scottish history and one year of European history. Susan is also an author of "Stow-on-the-Wold War Memorial " which is a history of the memorial and in memory of the men who died in WW1 and WW2.

This talk is called A Horrible History of Scotland as some of the details are rather gruesome. It is about the Stuart kings and queen in the 200 year period prior to the union of the crowns in 1603.

Exercise for people over 60

(Your editor has been doing this exercise for some time now and has passed from the lowly white potato stage, through the red and now nearly up to gold level.)

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you will find that you can hold this position for a little longer,

After a couple of weeks, move up to 10lb potato bags and then when you are really tough go for 20lb bags and hold your arms straight for a full minute (I'm at this level right now).

After you feel confident at this level put a potato in each bag.

Bill

Garden Interest group

Our **June Garden** visit to Beggars Knoll Chinese Garden was pretty spectacular. Beggars Knoll is high above Westbury, you can see the Westbury Horse to the left as you climb the hill, and it has spectacular views of the Mendips. Colin Little and Penny Stirling were our generous hosts; they divided us into two groups and took us on detailed, informative tours of their garden which they have lovingly created since the millennium. The Chinese theme derives from a visit to Dr Sun Yat Sen Garden in Vancouver in 1999 and has been informed by seven subsequent visits to China. Colin explained that Chinese gardens are meant for relaxing with friends and enjoying plants, scenery and architecture.

Our **July garden visit** is to the Black Shed, Blackmarsh Farm, Dodds Cross, Sherborne, DT9 4JX.

Date : July 11th . Cost £7.50 plus coffee.

Time: 10:00 for 10:30

"Over 200 colourful and productive flowerbeds, growing a sophisticated selection of cut flowers for the commercial market. Tour with helpful advice plus Q & A session.

The **September garden visit** is *open to all SGU3A members*

Bowood Gardens, with a stop off at Lackock Abbey. Date: 19th September Cost: £20.80 (assuming full coach occupancy of 48 people).

Please sign up at the July meeting or call me on 07583 881991, or email janskelton28@gmail.com

Finally, I am still looking for a new leader to take over from me after the present programme comes to an end.

Happy Gardening!

Jan Skelton - Garden Interest Group Leader

(See page 6 for pictures of the Garden Interest Group at Beggars Knoll)

Shaftesbury & Gillingham u3a

SUMMER LUNCH

On TUESDAY 2nd August 2022 at The Olive Bowl, Gillingham, SP8 4PX

MENU

LUNCH

12.30 for 1pm

MAIN COURSE

A Carvery of Roasted Gammon and Turkey along with Garlic Roast Potatoes and Seasonal Vegetables.

Available options are Mediterranean Vegetable Roast or Salmon.

(Indicate on the form below if you wish to have the vegetarian or fish option)

DESSERT

Citrus Posset with Crunchy Topping and Berries

Or

Deep Dish Apple Pie with Crème Anglaise

TEA and COFFEE

All above will be buffet service/bar available

PRICE: 2 course Lunch with tea/coffee including gratuity - £18 per person.

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I WOULD LIKE TO ORDER THE FOLLOWING FOOD

NAME: _____ TEL NO: _____

PERSON 'A' NAME: _____ Fish Option _____ Veggy Option _____

PERSON 'B' NAME: _____ Fish Option _____ Veggy Option _____

Person 'A' has food allergies / dietary requirements _____

Person 'B' has food allergies / dietary requirements _____

If possible I would like to sit with _____

TOTAL COST ENCLOSED: £ _____

CHEQUES TO BE ENCLOSED PAYABLE TO SGU3A

PLEASE RETURN THIS FORM NO LATER THAN MONDAY July 14th 2022

TO: Roger Laidler, Waterford House, Castle Street, Mere BA12 6JL - T: 01747 863447

E: roger46laidler@talktalk.net

Quiz

Some years ago sgu3a entered the 'Cancer Quiz', organised by Michael and Mildred Nunan for CRUK. We won!

From there Mary Belcher started a new group - The Quiz Group - and organised teams for entry into local charity based quizzes. It was a great supporter of quizzes held by Shaftesbury and District Trefoil Guild (winning several times).

The Trefoil Guild are holding another quiz this year on Tuesday 11th October 2022, 7pm at Shaftesbury Guide Hall in Lindlar Close, SP7 8PS and would welcome entries once more from sgu3a.

If any member or group would like to enter, either as an individual or as part of a team of 6 please put the date aside and look for further details in In Touch in September. The Trefoil Guild looks forward to seeing sgu3a again. Numbers will need to be in by 30th September 2022.

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The next edition of **In Touch** will be published in September. Deadline for submissions is 25th August 2022. **In Touch will not be produced in August.**

Email: billmc239@gmail.com
Phone 01747 853013

Remember you can view a copy of this NEWSLETTER on our web page at:
<https://u3asites.org.uk/sgu3a/home>

Would you help in the fight against scammers?

Trading Standards News: 1 million Friends and volunteering

This June the national Friends Against Scams scheme reached an important milestone, 1 million Friends. Don't miss out, you can become a Friend too!

In Dorset we have approaching 3,300 Friends. Friends spot the signs of this type of fraud by learning about typical things that can identify that something is a scam. Friends learn to identify others who are potentially affected by scams, this helps keep people safe, whether family, friends, work colleagues; in fact anyone a Friend might come into contact with. Friends also know where to report a scam and where to get help.

According to recent Citizens Advice research, over 40 million people have been targeted by scammers during the cost-of-living crisis. More than three quarters of UK adults said they have been targeted by a scammer this year, a 14 per cent increase compared to this time last year.

In our fight against scams anyone can become a Friend by visiting www.friendsagainstscams.org.uk and taking 20-minute online training. If you don't have a computer, then ask at your local library how to access the training from a public access computer.

If you would like face to face training for a group of people, which lasts about 45 minutes, then please contact Trading Standards on the email below.

Some people ask us about opportunities to train others to become Friends, whether through attending events, 1-2-1 conversations, informal group discussions, or as a presentation. If any of these styles of training are something you would like to consider doing on a voluntary basis then you could become a Dorset SCAM champion, joining our team as a Dorset Council Trading Standards Community Volunteer. You would be aligned with Trading Standards and would be supported with training and up to date information on scams. For more information on a volunteering opportunity, please contact us on tradingstandards@dorsetcouncil.gov.uk



BEGGARS KNOLL

