

SOMERTON U3A

Newsletter 8 November 2020



LEARN, LAUGH, LIVE

Send a  
card

Say thank  
you more

Compliment  
someone

Somerton U3A supports KINDNESS DAY 2020

KINDNESS

is  
free

Send  
a  
kind  
text  
to  
someone

Send  
flowers

Send an  
appreciative  
email

Phone  
someone  
you haven't  
spoken to for  
a while

FRIDAY  
13TH  
NOVEMBER

---

# Kindness Day UK Friday 13<sup>th</sup> November *Kay Williamson*

Kindness Day UK is a nationally recognised day for the celebration of kindness in society and day to day life. Individual acts of kindness, planned or even random, are encouraged on this day.

It is even now more important as we are now facing another period of enforced lockdown throughout the month of November. During the last few months people have been gradually picking up the social threads of their lives, resuming activities and seeing people face to face but this will all now be placed on hold again.

For many people, particularly those who live alone, this will be especially hard. The first lockdown coincided with spring and early summer and people were able to enjoy being outdoors but at this time of year, that is not so accessible and the hours of daylight are much shorter.

We therefore need to think about who might need that little bit of extra support to help them over this hard time.

We may not be able physically to see people but why not send them a little mental hug with one of the suggestions on the Kindness Day poster. All the ideas are within the social distancing restrictions.

Maybe you have a particular person in mind, maybe it is someone you've been helping all through lockdown, or maybe you can just smile at a stranger you pass in the street. The act of kindness doesn't necessarily have to have been on that particular day either, it might be one activity repeated of maybe a series of different kind acts.

**Whether you done something special on that day or you've been a recipient of an act of kindness, maybe all the way through the current crisis, we would love to hear about it and celebrate all those who participated, no matter how small the act of kindness, in the December edition of the newsletter.**

Watching the news bulletins these days is very hard and depressing so let's hear some good news for a change.

Please send names and details to the editor by 20<sup>th</sup> November: photos especially welcome.

The poster below gives some ideas and suggestions but please feel free to use your imaginations and brighten up someone's day.

**Closing date: 20<sup>th</sup> November**



---

## Chairman's Message

**Dear Group Leaders,**

**It is more important than ever for all of us to support Somerton U3A.**

With this in mind we want to ask you to tell us how we can assist you in ways to continue your group activities. We know that many groups have found ways to continue their activities and never stopped "meeting" during the lockdown or under the present restrictions.

Many group leaders have been using virtual platforms to run activities and they have been a life line to groups such as Ukulele, The Book Club, Raspberry Pi to mention a few.

Members have also enjoyed the outdoor groups, Garden Visits, Bird Watching and Walking and all have been adhering to social distancing.

Some indoor groups, such as Recorders, have also found ways to meet safely.

Others group leaders have used newsletters to inform their members of various interests that may be available to them via tutorials or TV programs and YouTube.

We have had new groups start and new members enrolling this year.

The national U3A has also sent us guidelines for risk assessments whether meeting in or outdoors. These will shortly be available to you on the

website.

However, how can we help you to restart your group ?

Can you tell what you are doing if your group IS up and running?

I am sure you have read the many articles in the monthly newsletter and we would like you to share your thoughts and stories.

I just know that there are many positive actions being taken and we really want to hear from you.

*Judi*



# Forthcoming Events



**Sunday 8th November**

## Remembrance Sunday

As we are unable to hold the usual collection after the November monthly meeting, here are details if you wish to make a donation...

**text Poppy\* to 70545 where " \*" is the amount**

**you wish to donate e.g Poppy2 or Poppy5**

**OR telephone 0845 845 1945 to donate by credit card.**

**Friday 27th November 11.00am**

Monthly speaking event by **Zoom**

**Nelson Mandela: the triumph of warmth, humanity, generosity.**

**Andrew Baker**

**Fri Jan 22nd 2021**

Monthly speaking event by **Zoom**

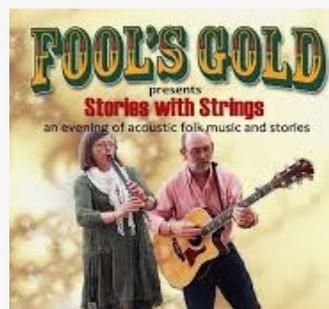
**Kevin's talks are humorous, as he talks about his travels, his animals, his 54-year life as a fishmonger (now retired), and eccentric customers.**

**Kevin Little**

**Wednesday 16<sup>th</sup> December**

Judi, our chairman, will be on **Zoom** to wish everyone a merry Christmas and at 11 o'clock we will be having our Christmas entertainment, this year on Zoom as well, *Fools Gold*, featuring Steve and Carol Robson singing and playing original and traditional songs using a variety of instruments.

**Alternative Christmas Lunch**



# Group News



## Bird Watching

For most birders, stonechats are near the top of their list of favourite British birds. In the same family as the robin they share their commoner cousin cheeky demeanour and rapid jerky movements. The male the bird watching group spent time watching recently at Shapwick was a truly handsome bird: small and plump, with a dark chocolate brown head and upperparts, gorgeous peachy-orange under parts and a white collar, just visible now and then.

Small birds hate hard winters and in the autumn many stonechats head

to the south and west of Britain while a few head down to the Mediterranean. Unlike the robin, they rarely venture into gardens at any time of the year.

The male we watched was very busy hopping on and off seed heads grabbing his minuscule prey. In a really hard winter, stonechats can be one of the hardest hit species. The good news is that they are able to reproduce very rapidly during the year following a cold winter.

The stonechat was the prelude to a wonderful visit to Shapwick on a beautiful autumn morning.

We also had sightings of marsh harriers, buzzards, a water vole and an eel.

Holly Goldcrest



Stonechat

## ...more Photos by Steve Davis



Egret



Egret flying



Marsh Harrier



Cormorant



Swans

## Craft Group

The Craft group, previously Card Craft, has a new group leader, Amanda Hooper, after the sad death of Jean Francis earlier in the year.

Members of the Craft Group have kept in contact by email over the last 6 months and Amanda has been setting them a monthly challenge of making a themed card.

For any member of Somerton U3A who has never made a card before but who would like to have a go, Amanda has kindly made 30 sets of resources, containing everything you need, minus the glue, to make 3 Christmas cards.

As there are a limited number, it will be first come, first served.

## Group News

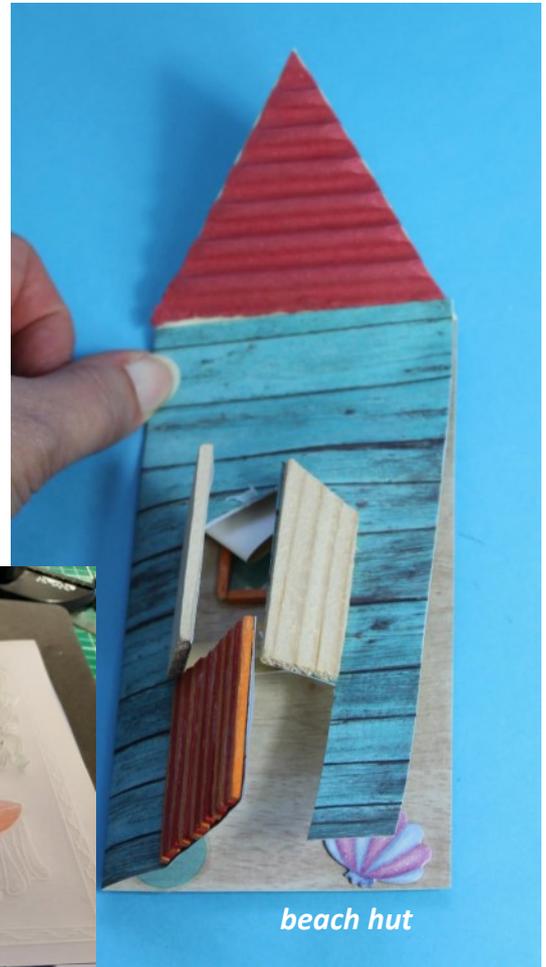


If you would like a pack of resources and details of how to get one, please email the Editor with your name, address and email at [kaywilliamson46@hotmail.com](mailto:kaywilliamson46@hotmail.com)

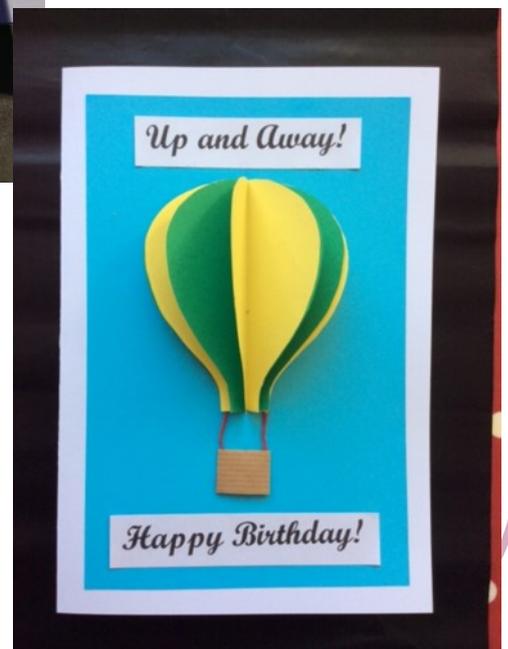
N.B. This offer is only open to current members of Somerton U3A.



*New home card*



*beach hut*



## Opera appreciation group



### *How To begin to Love Opera* Enid Thresher

Group Leader for Opera Appreciation

## Group News

**When did I begin to love opera? Really, I'm not sure. I've always loved music, having been in the church choir since aged 7 (having sung my first solo aged 4 at school). My grammar school always performed a Gilbert and Sullivan operetta every second year – don't sneer at G&S, they're really quite clever as they all poke fun at some part of the British establishment or fads that were prevalent at the time. Musically they're clever too.**

Anyway, back to my love of opera. I suppose the singing had something to do with it. I was in ladies choirs which often performed arrangements of operatic arias and choruses and some church music is very operatic in form. Take Verdi's Requiem for instance. Gradually from the G&S I went to Mozart, then Rossini and gradually went up the scale until in the last few years I've found myself liking Wagner.

I have difficulty with Britten and that era unless I've sung in them and then, because the singing helps the understanding, I found that I quite like them. I still can't come to grips with some of the more modern compositions although I have some in my extensive DVD (and CD) collection. I have two operas on DVD composed by George Benjamin, a British composer, one of which was premiered in 2018. I also quite enjoyed *The Tempest* by Thomas Adès, also British, although I will admit that I prefer to watch it rather than to just listen. The action can often take me over a piece of music which I find difficult to listen to.

My children grew up in a house which always had music playing. My musical taste is eclectic – anything from composer St Hildegard of Bingen (1098-1179) to today's musical offerings. Including pop. The only music I really can't stand is Barber Shop. Don't ask me why. I don't really know. My children, therefore, have both been known to listen to opera. Jayne won a music prize at school for her essay on Mozart for her CSE and David wrote a piece on operas that he had seen. The first one that I took David, aged 11, to see was *Aida* at Covent Garden in the 70s. I thought that this may be a good idea as it has spectacle. It was a good idea. He enjoyed it. Then in the 80's I took Jayne To Covent Garden and we saw *L'Elisir d'Amore* (*The Elixir of Love*) by Donizetti. This is a comic opera and that went down well too.



**Anna Netrebko – soprano**

When I was asked (nagged?) into starting the opera appreciation group, which is now two opera appreciation groups, I started them both off with *Dido and Aeneas* by Purcell. This opera is only 50 minutes long. Each month the opera DVD is chosen by a member of the group from the list of DVDs I have. One of my ladies, who I met at the Music Appreciation group, had very little knowledge of opera and wasn't sure if she would like it as she'd only been to one – a bad performance of *Carmen*. Enough to put anyone off. Since then she's liked every single opera she's seen here. She admits that sometimes, at the start of a performance, she will think "I'm not to sure about this" but by the time we're quarter way through she's hooked. Only one opera has received a thumbs down and that was due to staging rather than musical performance.

My groups have been amazed at the quality of the acting that today's singers produce. When you think that they have to remember words, music and actions the mind boggles. Especially when designers have them in some ridiculous costumes and directors have them doing some daft things. I think it's important that you can suspend disbelief for the duration. For example – a production of Verdi's *Don Carlos* in February this year in Liège had the hero Carlos, a tenor in his 60s, and his father sung by a bass who's 50. And it showed. But the performance worked because the singing and acting was superb by all accounts. I was once asked how I remember the notes and words. My reply that they were easy, it's the rests that are difficult. Will I come in too soon or too late?

Another thing that people worry about is the language. Don't worry about this. Performance programmes usually have a very comprehensive synopsis and, if watching a DVD, almost everyone has subtitles. Even opera houses these days have surtitles. I must admit that even when showing an English language performance I have the subtitles on. Some items, especially ensemble pieces, can be difficult to understand.

*continued.....*

## How To begin to Love Opera ...continued

During lockdown, as I said previously, I've been sending out videos courtesy of YouTube, every week, to the Music and Opera Appreciation groups, with alternative weeks being opera. These have ranged from solos to duets and from Monteverdi to Puccini. Monteverdi is the composer of the oldest complete opera still performed. (Orfeo – 1605, 07 and 09).

I have also sent some to my neighbour who has found that she likes them. She liked a Monteverdi duet from 1648. The best way to start is perhaps to listen to arias and choruses. Then perhaps you can proceed to something a bit longer. Try a scene or an act. All these can be found on YouTube. I have YouTube on my TV – it's much better than watching it on the computer or tablet. If you're not sure how to start, enter the name of a composer or a singer and up will pop many offerings.

What many of my opera group have liked is discovering where, in an opera, a favourite piece of music comes and why it's there.

For example, where does *Nessun Dorma* come – and why was it written?

What does the grand march from *Aida* do for the action?

Where in the piece is Massenet's *Meditation* from *Thais*?

The *Humming Chorus* in *Madama Butterfly*?

The *Habanera* from *Carmen*?

The *Anvil Chorus* from *Il Trovatore*?

And all the other isolated pieces that you hear on Radio 3, Classic FM and even TV adverts. In the latter, one of



*And, boys and girls, opera singers are so much more attractive these days too!*

my favourites (for the wrong reason) is the Gaultier perfume ads seen at Christmas. The music is *Casta Diva* from Bellini's *Norma*. The ad usually shows someone getting out of a rumpled bed or some other such thing equally racy and the aria used is entitled *Chaste Goddess!!* Anything less chaste you would be hard to find.

So, to sum up, if you want to start in opera, try YouTube or Podcasts. I don't use the latter much but I have once, and the result of that was that I bought the latest recording of Verdi's *Otello*. I have even found operas that I didn't know existed until the lockdown forced me into other areas. You are welcome to contact me if you have any questions and you could always join one of my groups – when we're allowed to get together again

## HISTORY MYSTERY no: 4... A Fire helmet *Nancy Schooling*

This fireman's helmet belonged to Overt Locke who founded the hardware store in West Street. It was given to the Marmaduke Cradock Trust by his son, Alan Locke, and is displayed in the Pinney Room.

Somerton Fire Brigade was established by the Parish Council on 23 September 1896. Captain Coggan was in charge and Jesse Hunt, the Parish Clerk, was the Secretary. There were also a Lieutenant, two Engineers, a Foreman and twelve other firemen. The Imperial Fire Office insurance company sent Somerton a horse-drawn fire engine which had been used in Bristol since 1860. It came with several lengths of hose, ladders, a ladder cart and four uniforms with brass helmets. The engine was used for the first time at a fire at Brockle on 27<sup>th</sup> July 1898. The fire engine is now in Bristol City Museum, who acquired it in 1939.

Monthly drills were held at Somerton and a careful register kept. Absentees were fined for each missed drill –

one shilling for an officer, 6d for an engineer, and 3d for a fireman. By contrast the attendance at actual fires showed great enthusiasm.



In 1899, Capt Coggan said that was one thing that was most essential to a fire brigade, the uniform, because at a fire when there was a large crowd it was most difficult to distinguish a fireman from an ordinary individual, and therefore the work of the brigade was greatly impeded. Helmets, too, were a great safeguard to firemen, for when they were working amongst burning and falling timbers helmets were a great preventative of accidents.

In 1911 much desired uniforms were provided, reefer jackets and capes. They were worn for the first time at the monthly drill on 6<sup>th</sup> October 1911.

# Crop Rotation *Mike Davis*

The principle of crop rotation is to grow specific groups of vegetables on a different part of the vegetable plot each year. This helps to reduce a build-up of crop-specific pest and disease problems and it organises groups of crops according to their cultivation needs.

First, divide your growing area into four or more sections. Then divide your crops into families (see below). If you keep the plants in these families together (such as potatoes and tomatoes), but move them around the different sections each year, you will have a successful crop rotation.

## Vegetable Families

Alliums: Onion, garlic, shallot, leek.

Brassicacae: Brussels sprouts, cabbage, cauliflower, kale, kohlrabi, oriental greens, radish, swede and turnips.

Cucurbitaceae: courgettes, marrows.

Legumes: Peas, broad beans, French and runner beans.

Potato (Solanaceae): Potato, tomato.

Roots, general: Beetroot, carrot, celeriac, celery, Florence fennel, parsley, parsnip.



## EXAMPLE

YEAR 1	YEAR 2	YEAR 3	YEAR 4
<b>PLOT 1</b> Broad Beans French Beans Runner Beans Peas Sweet Potato	<b>PLOT 1</b> Broccoli Brussels Sprouts Cabbage Calabrese Cauliflower Kale Kohl-Rabi Mustard Swede Turnips Chard Spinach Rocket	<b>PLOT 1</b> Potatoes Tomatoes Chilli Peppers Sweet Peppers	<b>PLOT 1</b> Beetroot Carrots Garlic Leeks Onions Parsnips Salsify Celeriac Celery
<b>PLOT 2</b> Broccoli Brussels Sprouts Cabbage Calabrese Cauliflower Kale Kohl-Rabi Mustard Swede Turnips Chard Spinach Rocket	<b>PLOT 2</b> Potatoes Tomatoes Chilli Peppers Sweet Peppers	<b>PLOT 2</b> Beetroot Carrots Garlic Leeks Onions Parsnips Salsify Celeriac Celery	<b>PLOT 2</b> Broad Beans French Beans Runner Beans Peas Sweet Potato
<b>PLOT 3</b> Potatoes Tomatoes Chilli Peppers Sweet Peppers	<b>PLOT 3</b> Beetroot Carrots Garlic Leeks Onions Parsnips Salsify Celeriac Celery	<b>PLOT 3</b> Broad Beans French Beans Runner Beans Peas Sweet Potato	<b>PLOT 3</b> Broccoli Brussels Sprouts Cabbage Calabrese Cauliflower Kale Kohl-Rabi Mustard Swede Turnips Chard Spinach Rocket
<b>PLOT 4</b> Beetroot Carrots Garlic Leeks Onions Parsnips Salsify Celeriac Celery	<b>PLOT 4</b> Broad Beans French Beans Runner Beans Peas Sweet Potato	<b>PLOT 4</b> Broccoli Brussels Sprouts Cabbage Calabrese Cauliflower Kale Kohl-Rabi Mustard Swede Turnips Chard Spinach Rocket	<b>PLOT 4</b> Potatoes Tomatoes Chilli Peppers Sweet Peppers

**ANYWHERE:** Sweetcorn, Courgettes, Squash, Lettuce, Radish, Cucumber



## The 'Value' of Gardening



Our garden has proved a God-send to our sanity, health and well-being during this crazy 'bug' lockdown episode. Planning, preparing, designing, considering and then implementing these dreams and ideas has all come to fruition once more with a bounteous harvest and flower beds to colour our eyes and imaginations, glowing inside our wee cottage - sheer delight, satisfaction and fulfilment.

It got me thinking what other 'value' should I apply to our garden apart from all the above benefits AND the produce it provides cornucopiously to kitchen, home, friends and neighbours....

Compound Interest on Compost.

My compost heap produces .33M<sup>3</sup> or 1/3rd of a Cubic Metre per season which brings me to the following -

CALCULATION - bear with me.....

- If I take the nominal value of the cottage - £300K
- Take the value of this entire plot as such, removing half thereby to encompass the garden area only we have £150K (naturally ignoring the house and buildings).
- Of this half I have 276M<sup>2</sup> (Square Metres) in area
- Say I dig down one spade spit depth = .300m = 82.8M<sup>3</sup> (Cubic Metres) of productive / workable soil.
- My compost bins produce .33M<sup>3</sup> (1/3 of a Cubic Metre) each year and here is where 'the actual value' compounds with compost.
- Therefore at approximately half the value of the property the soil in my garden is worth £1,811.59 per M<sup>3</sup> (Cubic Metre)

Consequently my Compost 'bank' is worth £603.86 / annum - WOW!

So please think very carefully when next you fill the Council Green Bin with your potential own compost and watch the money just being frittered-away that could be returned into your garden - with INTEREST!!!

John Highnam

## Music from Laurie Phillips

*Listen and watch Laurie play*

***"Pirate Days"***

*a David Hall video...*

*.....select link below to a tab on the Somerton web site....*

<https://u3asites.org.uk/somerton/page/15028>

***...and select Laurie's 2nd offering. 'Pirate Days'***



## European Studies – Impact of virtual meetings

Following the Covid -19 lockdown in March, the meeting programme which usually took place in the Pinney Room was abandoned. The programme for the second quarter was carried forward to September, October and November.

We identified that 3 out of 12 members did not have laptops etc with cameras, hence for them Zoom etc was never going to work. Hence we started meetings with a telephone conference “ powwow” which can include all, and is helpful if there are problems with Zoom set up.

Two “meetings” have been held, September with 8 people taking part and October with 5.

In the October meeting Zoom audio did not work so we used “powwow” throughout. The 3 members with no chance of Zoom have, for various reasons, not taken part at all so far. There is a particular problem when the person leading the subject cannot connect to Zoom. We have also, not so far, worked out how to show illustrations of talks.

The two meetings have worked but depend entirely on the luck of having a member able to host Zoom. However those without the kit do feel excluded, and unless they are prepared to update their laptop etc, it is likely we will lose those members from the group. It is also difficult to attract and retain any new members since a major part of the enjoyment in the group has been frank discussion and civilised debate which is more difficult in a virtual meeting.

*David Harrison Group Leader, European studies*

### Benefits of Zoom *Mike Davis*

Some of you may know that I am physically disabled...over the last 20 years my legs haven't performed well, so how do I speak to my friends/associates? ....by [Zoom](#)..well that's not strictly true as my daughter lives in Perth, Australia and we chinwag about every 10days on [Whatsapp](#). My point is I can talk and see the new apartment she has moved to...it makes us all a little closer. Many years ago I recall setting a friend up on Skype (one of the older conferencing programmes) and was present when they spoke and saw their daughter in New Zealand for the first time for years!

We all ended up crying with joy....

My point here is there are many types of what we call Video (vision) conferencing programmes/apps but [Zoom](#) is prevalent in the context of U3A Somerton.

One can attend meetings without travelling or getting changed, have all your papers/documents at hand with no need to carry anywhere (major advantage for me)

The first time I tried [Zoom](#) was around 9 months ago on my 7" Android tablet made by Samsung and it didn't work very well, which for me was very frustrating.... I then tried on my PC.....it was easy! ...but don't despair, all the adjustments/ settings are often hidden on the small tablet screen but show up without asking on the PC 's larger screen!

This can also be true using the very common iPad.

Part of the problem is each tablet/smartphone is a little different.

I remember learning how to swim, ride a horse, ski, and many more...Rome wasn't built in a day...the only route to success is not to give up. Focus on the benefits and doggedly progress, however slowly to success.

I hope this gives some of you hope.

PS you can buy a new Amazon Fire 7 (16G) from between £30 and £50

which has everything you need for [Zoom](#) and much much more!

**Somerton U3A are using *Zoom* for meetings and talks, so I am going to introduce those who haven't experienced the fun of *Zoom***

*Zoom* is simply a telephone with visual facilities, so you can see your friend speaking (or playing) at the other end of the line...this person may live just down the road or my case my daughter in Australia.

**Minimum requirements of your device (PC/Laptop or Tablet/Smartphone).....**Internet access, microphone, camera (often built in), *Zoom* programme or application (app) installed and registered in your name...for a limited service, nominally 40 minutes, it is free ....see links below for latest info.

## **INSTALLATION**

If you have a **Windows PC/Laptop**, download and **install** the **Zoom** Application: Go to <https://zoom.us/download> and from the Download Center found by copying this address into your browser, click on the Download button under "**Zoom** Client For Meetings". This application will automatically download when you start your first **Zoom** Meeting

Next go to:

<https://support.zoom.us/hc/en-us/categories/200101697-Getting-Started>

and follow the instructions by selecting Getting Started on Windows and Mac.

If you have an **Android Tablet/Smartphone**, I suggest you select Play Store and enter zoom in the search window and select to allow time for the app to download and install.

Select the Zoom App button and follow instructions to register with your email address and a password of your choice ....**RECORD your password in case you need it again!**

If you have an **Apple iPad**, I suggest you select your App Store button and enter zoom in the search window and select Search. Choose Get and Install and allow time for the download.

Select the Zoom App button and follow instructions to register with your email address and a password of your choice .....**RECORD your password in case you need it again!**

## **OPERATION**

Initially, You will undoubtedly receive an invitation from your **host** to join a meeting which will look like this:

(with Somerton U3A this is likely to come from Laurence or myself)

Select the blue link and the Zoom

**The Zoom Programme/app will open automatically.**

Laurence Reeves is inviting you to a scheduled Zoom meeting.

Topic: Somerton U3A Talks

Time: Oct 30, 2020 11:00 AM London

Join Zoom Meeting

<https://zoom.us/j/94943857551?pwd=a0txUjZQdEZKVEZxTm9Td2d6cmRFdz09>



Next month we can study some of the settings on Zoom

## Dupuytren's Disease & Dupuytren's Contracture *Trevor Ryder*

I am a member of Somerton U3A and I am involved in SUBS (Somerton Ukulele Band Singers) and had just begun to attend U3A Science and Technology group meetings when the "dreaded virus" curtailed our activities in April.

I also suffer from Dupuytren's Disease.



Dupuytren's disease is a condition resulting in abnormal connective tissue in the hand tendons. It starts with minor painless lumps in the palm of the hand near the base of the

fingers. Cords or strings then develop along the lines of the connective tissue in the palm. A full contracture most commonly develops in the ring finger and little finger, but it can affect any finger and both hands.

It would not be a surprise if you have never heard of Dupuytren's Disease, and yet 20% of you probably have the condition. In most people, symptoms don't appear until they are well into their 60's, and these don't develop much beyond a few lumps and bumps in the hands which are commonly mistaken for signs of ageing or arthritis. However, in a few cases, the symptoms begin much earlier in life and develop into severe contractions of the fingers as shown in the photograph. As you can imagine, this is a real problem for anyone in a profession that demands manipulative skills – including musicians.

### "Folk with Dupuytren's"

Although a Geography teacher by profession I was also an amateur classical guitarist, giving occasional recitals and guitar lessons. By my mid-fifties, I'd had two operations on my left hand and one on my right. Now, aged 65, I've had two more operations on my left hand. Both hands have limited dexterity and manual strength and, due to nerve damage, I have incomplete feeling in the left hand. As a result, I've had to learn new instruments (like the ukulele) and have returned to playing the folk music I enjoyed when I was a school and



university student. "Folk with Dupuytren's" is my way of supporting research into this debilitating condition, and maybe helping to develop treatments that don't involve invasive surgery.

(The exact causes of Dupuytren's are unknown and none of the common treatments are totally successful).

### About Folk with Dupuytren's

Through Folk with Dupuytren's, I am aiming to raise awareness of Dupuytren's and how it could affect musicians. I am also a fundraiser for the British Dupuytren's Society through, public speaking events, musical events (concerts / ceilidhs) and through the album "Scorn not the Strings". Obviously much of this work has been sidelined by the restrictions on public meetings and other events, so I am now producing a lot of my music online: these links show two recent "releases"

Firstly, a folk tune called "Lads and Lasses" played for an online folk club called "Tunesday Tuesdays" – I've still got the bandages from my latest operation but I don't let that get in the way

<https://youtu.be/UroD0Q41XoA>

And this offering from the folk band I play with, the Four Foot Four; produced with November 11th in mind

<https://youtu.be/GV9-5wM5bwE>

Trevor Ryder

### The British Dupuytren's Society



The British Dupuytren's Society is the UK branch of an international charity (The International

Dupuytren's Society), founded in August 2011. From 2017, the BDS became a registered UK Charity, raising money for increasing public awareness of Dupuytren's disease, patient support, research into, and evaluation, of treatments.

Websites:

[www.dupfolk.co.uk](http://www.dupfolk.co.uk) (Trevor Ryder, email: [enquiries@dupfolk.co.uk](mailto:enquiries@dupfolk.co.uk))

[dupuytren-society.org.uk](http://dupuytren-society.org.uk) (The British Dupuytren's Society)

## Uke build part 3 *Haydn Callow*

So ! The body is mostly finished and now on to the neck and fretboard, first the fret wire is cut to length and glued/pressed into the fret cuts.



Now after trimming the sharp edges off the fret wire it's time to start on shaping the mahogany neck, this is done by eye and patience using sanding wheels, rasps and files.



After a couple of hours, taking shape, the next job is progressively using finer sandpaper until the neck and body are ready for either wax polish or varnish, then join the neck to the body and add the tuning pegs, bridge and strings



Now start to do first coats of varnish after cutting the recess for the binding/trim which comes later. Note the areas where the neck and bridge will be attached are masked out.



Trim binding glued and 2 coats of varnish so far, this is the first time I've tried to use gloss varnish. Time will tell if it's a success.



That's part 3, part 4 will be the finishing off, glueing the neck, adding the bridge etc

## Zoom Talk Monday 30th October ...brief report

.....about the cultural differences between us and Sweden and Denmark given by Andrew Baker, a retired headmaster from Essex.....Just over 30 members signed in for a most informative and entertaining talk including countless statistics and graphs with excellent infill.....It seems true that they truly are significantly different from us as long as one doesn't stereotype too much!

Anyone currently watching the thriller DNA on BBC4 (Sat 9pm) perhaps would have found this talk particularly interesting.

Mike Davis

.....see page 3 for more Zoom talks

## Dingbats Quiz 1

1. e.g...Dr Doolittle GP doo	2. s h i j k l m n o p	3. PPP ERMINT
4. x mascara	5. wear clean	6. ground feet feet feet feet feet
7. BLU E	8. issue issue issue issue issue issue issue issue	9. fairy, wolf & duckling
10. ATfrankfrankRA	11. lettuce cucumber tomato onion cress	12. must get here must get here must get here
13. Aston Villa 4 - 1 Bolton Newcastle 4 - 1 Leeds Everton 4 - 1 Arsenal Chelsea 4 - 1 Man Utd Sunderland 4 - 4 West Ham	14. Trans it	15. DDDWestDDD
16. just	17. PREIST	18. T M A H U W S T
19. Frontier Frontier Frontier Frontier Frontier	20. step pets pets	21. ecnalg
22. house prairie	23. one another one another one another one another one another	24. ENTURY

Please send all articles for the Newsletter to the editor [kaywilliamson46@hotmail.com](mailto:kaywilliamson46@hotmail.com)

**Deadline for the December edition...20th November**

**No entries can be accepted after this date.**

Pictures welcome, but keep script brief

Minimum formatting please...no pdfs!

Web site:<https://u3asites.org.uk/somerton/home>