

EDITION
27

U3a & Away

APRIL
2023



HAPPY EASTER

Have a Happy and Peaceful
Easter



I hope you all have a very happy and peaceful Easter with all the Easter eggs you can eat!

The AGM is fast approaching and is in fact only eight weeks away. This year the situation is critical!! Several of this years committee are stepping down after the AGM and unless we can find committee members to replace them, there is a very real danger that the Wakefield and District u3a may no longer be able to operate! The committee can have up to 12 members and for several years had been operating with six members. This places a large workload on those who are committee members and prevents any further development of your u3a. As previously stated, the situation is now critical and if you want our u3a to continue then members must come forward to serve on the committee.

The u3a has now set up an events team, as requested by members, to organise events and trips for the membership. A range of trips has now been published for the remainder of the year. Please support this team by signing up for the events and trips organised.

DATES FOR YOUR DIARY

Friday 14th April: Executive committee meeting
10.00am Agbrigg.

Friday 21st April Coffee Morning: Brookhouse:
Margaret Parkin: "Failure can be funny".

Friday 26th May: AGM.

Coffee morning Friday 17th March The History of Chocolate.

On Friday 17 March we welcomed Sarah Tomkinson, the Yorkshire Chocolatier to our monthly coffee morning:

Sarah described herself as a self-confessed chocoholic and told us how following a brief but fun half day chocolate making course in Leeds she progressed from making batches one bowl at a time in her kitchen for friends and family to running her own successful business.

Sarah talked about the history of chocolate, and how its creation from the beans of the cacao tree can be traced back to the ancient Mayan people. This drink was thick and frothy and often combined with chilli peppers, honey or water.

The Aztecs then took chocolate to another level. They believed cacao was given to them by their gods and although they also enjoyed spiced chocolate drinks they used cacao beans as currency to buy food etc. and they considered them more valuable than gold.

Chocolate got to Spain, by the late 1500's courtesy of the conquistadors and chocolate mania spread throughout Europe. But Europeans preferred hot chocolate drinks with cane sugar, cinnamon and other common spices and flavours.

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In 1847, British chocolatier Fry and Sons created the first chocolate bar moulded from a paste made of sugar, chocolate liquor and cocoa butter. In 1876 the Nestlé Company was created and brought milk chocolate to the mass market.

By the late 19th and early 20th century, family companies such as Cadbury & Mars were mass producing a variety of chocolate items to meet the growing demand.

Sarah went on to explain how she built her business up from attending farmers markets and establishing a website where she offers wedding favours and party gifts, personalised chocolate, and a build your own chocolate selection box.



NEWS FROM THE GROUPS



The book group meeting at Sandal Library to review the latest book they are reading. The group meets on the third Monday of the month at 2.00pm in Sandal Library. A book to read is chosen each month and the group meets to share their impressions of book. If anyone is interested in joining the group, please contact the group leader carol Mann at carolmacbuiscuit@aol.com or on 07710 0116374.

HILARY'S GARDEN GROUP.

Richard Brown from the Horticultural department of Wakefield College had been invited to speak to the group about the Therapeutic benefits of gardening. Nothing is new, we were informed, as the Egyptians knew the benefit of gardening and troubled spirits were invited to work in a walled garden for the benefit of their health! Many experiments were carried out to show the benefits of being close to nature. For example, male patients at the Dorset County Asylum in the 1800's were employed in gardening and husbandry as it promoted cheerfulness and happiness.

Human beings have a genetic response to “greenness”. It helps us to relax and feel comfortable in a green environment and it incorporates our need for survival. Something, I think gardeners have always known!
The talk was well received and started some debate on the effects of gardening.

New group – sing and strum

After Easter come along to Manygates music centre to have a good singalong! Rex Emsley from Barnsley will bring his guitar and he'll provide song sheets for the first session. You will be singing a selection of middle of the road songs for a couple of hours on a Thursday from 1.00-3.00, what could be better? The first session will be on 20 April at 1.00pm, so come along and give the group a go. Ring Rex on 07729 0431645 or email rex.emsley@yahoo.com. No commitment!!
As usual, there will be a rent contribution of £11 per ten weeks and a small amount towards copying costs for the song sheets, which you can keep.

ANSWERS TO MARCH'S QUIZ

1. Cologne Cathedral.
2. Courier.
3. Drilling holes with a nail in the way.
4. Russian Typhoon class.
5. Blowfish.
6. Netherlands.
7. In an electric motor.
8. 135.
9. Ducati.
10. Wet!

WHAT TO GROW AND SOW IN APRIL

You may have noticed that the garden is beginning to stir! So I thought I'd send this so you have a head start and are ready!

GREENHOUSE/INDOORS:

SUNFLOWERS; Sow in pots or directly outdoors.

NASTURTIUMS: Sow in pots or modules now. Plant out after last frost. Use poor soil otherwise you'll get more leaf than flowers!

Sow Dianthus, Osteospermum or other scented bedding for summer colour.

PETUNIA: Sow now so the plants are big enough to plant out for the summer.

SCABIOUS: Sow now so you have nectar for the bees in the summer.

MARIGOLDS: Sow now but will need some warmth to germinate.

HANGING BASKETS: If you want to plant them up now, garden centres now have a good variety of plug plants. Hang them somewhere warm to grow on.

SUMMER BEDDING: If you want some summer bedding sow this month. Salvia, Ageratum and Zinnia.

HALF HARDY ANNUALS: Sow somewhere protected from frost. Dahlias (tubers should have been started in March) Aster and Chrysanthemums.

DIRECT SOW OUTDOORS.

WILDFLOWER SEEDS:

Sow outdoors where you want them to flower.
Great for bees and butterflies.

Sunflowers and poppies can be directly sown outdoors.

PLANT OUTDOORS:

Continue to plant herbaceous perennial and annual plants like Foxgloves, Lupins, Delphiniums.

Plant indoors bulbs once they have finished flowering.

Plant or pot out hard wood cuttings taken last year.

Place supports for plants now. They will grow up through them and look more natural.

Plant out climbing plants on arches, pergolas and fences.

Lilies: Plant bulbs in a pot. You can place the pot in a bed for extra colour.

Plant conifers now.

HERBS AND VEG.

GREENHOUSE/INDOORS: Sow tomato seeds indoors ready to plant out after the last frost.

APRIL'S QUIZ

1. Who holds the record for swimming the English Channel?
2. What is the fastest speed achieved on water?
3. What is a spud wrench used for?
4. How many planets in United Federation of Planets?
5. Who is the Prime Minister of Eire?
6. Is there a difference between a schooner and a clipper?
7. Who were the first team to win the FA cup?
8. In which country would I find Baziama?
9. Where is the largest security prison in Europe?
10. What or who is a wassock?