

EDITION
25

u3a &AWAY

FEBRUARY
2023



Your committee seriously needs your help! Now the committee is just quorate!! At the present time there are 5 members on the committee and should any of the committee members leave then the u3a would not be able to function. Should that happen then the groups would have to stop and any monies we have would be distributed to other u3a's. Its time to step forward and bring new blood to the committee! It will save our u3a and bring fresh ideas and energy to the committee.

Please have a look at the Summer School flyer published later In this newsletter. It is an opportunity to learn new skills and enjoy making new friendships with members of other u3a's! Give it a go, you might enjoy yourself!

The events team have e-mailed you a series options for suggested trips and outings. Please reply with your preference's so that the team can begin organising the trips you have indicated. If you have any ideas yourselves, please send them to rugbyplant@hotmail.com.

DATES FOR YOUR DIARY

Friday 10th March Executive Committee meeting
10.00am

FRIDAY 17TH March Coffee Morning Brookhouse
Sarah Tompkins: The History of Chocolate.

To all members of Wakefield & District u3a

URGENT APPEAL

Those of you who were at the coffee morning last Friday will know that the committee is now down to five. This is the minimum allowed under our constitution and, unless we get more members coming forward to join the committee, Wakefield & District u3a will have to close.

Already there are not enough of us to run our u3a effectively and now Jenny Stephens, our lovely business secretary, needs to stand down for health reasons. If you have lots of ideas to help rejuvenate Wakefield & District u3a, we would welcome you to the committee with open arms.

The following roles all need to be filled, preferably very soon:

- Business Secretary – as noted above.
- Groups are the lifeblood of any u3a and we need a dedicated group organiser to support our super group leaders;
- If you have PR skills or similar or would just be prepared to give it a go, it would be so helpful if you could handle publicising the u3a. Many people in our demographic, who could benefit so much from membership, have never heard of us.
- We are currently halfway through setting up a new website and, though we have commissioned a developer, this needs to be taken forward as soon as possible.
- Last but not least, our minutes secretary would quite like to step down!! This solely involves taking the minutes at meetings and distributing them by email to the committee and group leaders. (This is very straightforward through beacon, our membership system).

I urge anyone who feels they can contribute in any way – not just one of the roles above - to please come forward. We really need you!!! You would stand for election to the committee at our AGM in May and in the meantime we would hope to co-opt you onto the committee till then.

Speak to any of the committee for further information and I would like to invite anyone who might be prepared to join us to come to our next committee meeting on 10 March. Give me a ring on 258234 or 07515 521819 to let me know or if you have any questions.

Hilary Fowler

Chair

YAHR SUMMER SCHOOL 2023

WHEN? 31st July to 3rd August

WHERE Hawkhills. Easingwold

WHAT? Have a look on the website for courses on offer plus a chance to enjoy the lovely surroundings of the venue, good food, good company and hopefully, some fun.

Preparations are well underway and there are still a few places left if you would like to join us. Applications should be in by the end of March. The application forms are on the YAHR website. Any queries or thoughts please just reply to this email. I always appreciate replies. We would love to meet you there.

Pat

YAHR Management Team Chair

GARDENING GROUP

I have had several enquiries from members wishing to join the group. Unfortunately, the group is full. I am, however, willing to start another group on a day convenient to the group members.

If I get seven people who wish to join, I will run another group. Contact me on

rugbyplant@hotmail.com

Paul Scott

NEWS FROM THE GROUPS.

We continue to meet on the 2nd Monday of the month via Zoom and enjoy reading and discussing each other's poems, as well as looking at varied examples of poetry writing. In the last few months we have explored our 'personal archaeologies' and written poems in response to the Poet Laureate's 'It Ain't What You Do, It's What It Does to You'. We have also had a go at two contrasting very short forms of poetry – the haiku and the limerick.

New members are very welcome. If you are interested, please contact Eileen at ethompson255@outlook.com for more information.

Here are a couple of our limericks – hope they raise a smile!

A young Yorkshire lass, name of Lizzie,
Was addicted to drinks that were fizzy.
A diet of Prosecco
Made her rumble and echo,
And also her hair turned quite frizzy.

By John Wadsworth

A lady I knew well from Sandal
Loved to bathe by the light of a candle
Until one fatal night
When her towel caught alight
And promptly it singed her fandangle.

By Val Sturgeon

WIND BAND

To re-focus my mind after the loss of my sister last December. My daughter asked Santa to bring me a set of inspirational quote cards knowing full well there would be something in them that would bring me back from the sadness I felt. She was right. I would like to share this quote with you.

“I DON'T HAVE TO CHASE EXTRODINARY MOMENTS TO FIND HAPPINESS – IT'S RIGHT IN FRONT OF ME IF I'M PAYING ATTENTION AND PRACTICING GRATITUDE.”

Berne Brown

Returning to the Wind band that I am the coordinator for, after Christmas, I took my usual place at the front of the band to keep them up to date with everything. Facing me were all the wonderful people that come back year after year to join together to make music. There is nothing like the joy of making music with a group of people to lift the spirits, then I go to the back of the hall to take my seat and face the conductor whose people skills and sense of humour over the past nine or ten years have made the wind band such a success.

SO, THERE YOU ARE I DO PAY ATTENTION AND I AM GRATEFUL TO ALL THE MEMBERS OF THE U3A THAT MAKE MY FRIDAYS SO ENJOYABLE. I AM ALSO GRATEFUL TO THOSE WHO TAKE UP THE CHALLENGE AND JOIN THE COMMITTEE AND RUN THE ORGANISATION THAT GIVES ALL OF US SO MANY OPPORTUNITIES TOO SEE WHAT IS IN FRONT OF US.

Jenny Scrupps



Some beautiful work from Mike Brewer and Sheila Leith.
From Mike Brewer's art group.

ANSWERS TO JANUARY'S QUIZ

1. The Lord of the Rings: The Two Towers.
2. Indianapolis 500.
3. Securing a climber's rope.
4. 4min 45.9secs.
5. 99.
6. Wakefield.
7. Getting an object out of a narrow channel.
8. Africa.
9. Vodka, ginger beer, and crushed ice.
10. Enterprise.

Gardening with climate change

It will change how we grow.

It will change what plants we grow.

It will change how we look after our soil.

It will change the growing season.

It will change how we use water.

It will change the pests we face.

It will change the seasons.

Weather experts tell us milder wetter winters & hot drier summers. It will take time and there will be a great deal off unpredictability along the way.

Summer 2021 wet miserable overcast.

Summer 2022 baking hot and very dry.

We are all facing extremes of weather.

WATER

We need to be cleverer in the way we use water.

-it puts a strain on our water reserves and wallet!

My main garden was not watered at all during the summer.

Pots were watered twice a week until the hose pipe ban, then from water butts till they ran out. The garden survived and most things have come back.

It was successful because of targeted watering i.e., plants that needed it or were looking a bit wilted.

Water either early morning or late at night as it cuts down evaporation and transpiration.

Water at the base of the plants so roots get it. Give a good hour's soak- should only need 4 good soaks.

SOIL IMPROVEMENT:

You need to know your soil.

Is it clay which holds water and nutrients?

If is light soil, it will drain well but not hold the moisture?

We need to use soil improvers:

Spent mushroom compost

Green waste

Composted bark

Homemade compost.

Spread as a thick mulch or dig in.

Try to get your soil in good condition.

Benefits.

Larger root systems

Better moisture retention

More nutrients

Good levels of mycorrhiza.

This extends the effectiveness of the root zone =
healthier plants. Most important thing you can do
to improve your soil: add valuable organic matter

Retains moisture for longer.

No Soil Showing:

Plant densely

Plants act as a mulch.

Covers and shades the soil

Reduces the effect of sun and wind on the soil.

Exposed soil dries out more quickly-fill your
garden with plants.

Create your own microclimate

Plant a closed canopy

Reduces the temp by up to 15 degrees
More humid under the canopy reducing need for water.

Choosing the correct plants:

We need to change plants we use.

Dahlias, Hydrangeas, Astilbes do not like the heat.

Plant instead Cannas, Echeverias, Asters, Toad Lily's

You need to know your soil to choose the right plant.

Different conditions need different plants.

(Euphorbia seguieriana, Artemisia, Santolinas, Rosemary, Sedums)

Christopher Lloyd at Great Dixter said, "if a plant didn't thrive it would come out and be replaced."

It'll be a slow transformation not a revolution.

PLANT WITH CARE

Start growing your own.

It's cheaper.

Plants are already growing in the conditions so are used to the garden.

When planting make sure the medium you are using is thoroughly soaked- be difficult to re-hydrate later.

Water before planting in a large hole. Soak after planting. Mulch to retain moisture.

Soak a couple of weeks later.

Water thoroughly not little and often. Water well and roots will look deep for moisture-little and often roots will work nearer to the surface.

Planting time

Autumn planting is bullet proof.

Plants have time to make good root system.

Sow throughout Winter and into Spring, plants will be well established.

Later in summer may not be able to survive because of the heat.

Last year anything planted after June was desperate for water!

FEBRUARY'S QUIZ

1. Where is the largest Gothic cathedral in Europe?
2. What is Cleveland Booker's profession in Star Trek Discovery?
3. What is a stubby nail eater used for?
4. Which country built the world's largest submarine?
5. Which fish, unless properly cooked, will kill you?
6. The States General is the parliament of which country?
7. Where would you find an electric coil?
8. How many days a year does the UK parliament sit?
9. Which Italian motorcycle company produced the Monster motorbike
10. When you drop a hat in the Dead Sea what does it become?
- 11.