



Whitby Whaler Newsletter January 2021

What do I need to make the Newsletter?

YOU.



What are the Groups doing? - Leaders or Members

What have you been up to in the u3a?

What are you planning or hoping to do in 2021 with u3a?

Share YOUR stories, photos, poems, funnies etc etc.

email: Whalersnewsletter@gmail.com or magsnphil@outlook.com

****Newsletters will go out on the 15th of each month; submissions by 14th please****

In the accompanying email, there is a list of hyperlinks which will take you to a website where you can find out more about some of the information / articles in this Newsletter.

WHITBY U3A COMMITTEE

More people are needed on the Committee or we may have problems functioning as we should, so please step forward and volunteer to help your local u3a.

You can come along to a few meetings as a guest to see whether or not you feel this is for you. Currently, meetings are held on the 2nd Tuesday of the month via Zoom.

If you do decide to join the Committee, it will be entirely up to you what level of commitment you give; not all Committee Members undertake officer roles.

We currently have vacancies for a **Curriculum Organiser** and a **Secretary**. Applying now will mean there is plenty of time to shadow and learn the requirements of the roles.

In September, there will also need to be a new **Chair** appointed. Again, applying now means there is time for you to learn what that role entails.

Anyone interested in becoming a Committee Member or undertaking any of the above mentioned roles, just reply to the email you received this Newsletter by or contacting any of the current Committee members www.u3asites.org.uk/whitby/contact.

2021/22 COUNCIL TAX

Yes, it's that time of the year again!

In the February Residents' Newsletter, Scarborough Borough Council state that they have frozen their contribution from the Council Tax, but North Yorkshire County Council, North Yorkshire Police, and North Yorkshire Fire and Rescue Service have all increased theirs.

Basically, we will all be paying more, but they don't want complaints to SBC as it isn't their fault.

From Clair Stones

I hope all is well with you and yours, but remember if you (or someone you know) would appreciate a call, please let me know.

email : stonesclair1@gmail.com

NEW PRACTICE FOR NOTIFYING YOU OF COVID-19 VACCINE

Information from Whitby Coast and Moors Primary Care Trust

"Whitby, Coast and Moors Primary Care Network will be starting to use a web-based solution to help us manage our appointment system for the COVID-19 vaccination clinics.

We will be sending text messages to invite patients to book an appointment for their COVID-19 vaccine.

The message you receive will come from 'accurx.thirdparty.nhs.uk'

We realise there are lots of scams out there at the moment and wanted to reassure you that if you receive a message from 'accurx.thirdparty.nhs.uk' inviting you to click on a link to book your appointment, that it is a legitimate text message from your GP practice.

Once you click on the link in your text message you will be directed to our appointment system and be asked to choose an appointment time. You will also be asked for your date of birth. You will not be asked for any other personal information.

We understand that not everyone has a mobile phone or will be able to respond to a text message, so we will continue to telephone those patients to invite them for their COVID-19 vaccination and book an appointment for them."

- Reports are continuing about texts, phone calls, and emails circulating at the moment relating to the Covid Vaccine and how to obtain one; they just need a few details so you can prove who you are.....like your bank account number!

If you receive a call or text or email that you are unsure about, ring your local Whitby Coast and Moors Primary Care Network surgery to check.

Danby Surgery:.....	01287 660739
Egton Surgery:.....	01947 895356
Sleights and Sandsend Surgery:.....	01947 810466
Staites Surgery:.....	01947 840480
Whitby Group Practice:.....	01947 820888

National u3a Day

National u3a Day is planned to take place on **Wednesday 02 June 2021**. The purpose of the day is for all local u3a groups to publicise who the u3a are and what they do. (This event was originally scheduled for June 2020.)

Obviously, at this time, nobody can be 100% sure how this is going to work, so Whitby Whalers have to plan for the ideal scenario where we organise events around the town and take part in various activities. If things can't be safely opened up by then, we will have to think how these events can be reworked, and the National u3a will need to be looked to for advice and guidance.

Whitby, being Whitby, is in an extremely strong position of being a very popular tourist venue. Also, given the compact geography of the town, we will have the ability to set things up so that we can cover the major tourist hubs to attract people and tell them about not only Whitby Whalers, but the other u3a groups around the country; whatever might be relevant to them.

What do we need from our Whaler members? ****IDEAS and VOLUNTEERS****

- Group Leaders and Group members - what can your groups do in terms of demonstrations / displays / or any other input to the day you can think of?
- Volunteers - help with physical activity in setting sites up / meet and greet and help enquirers / hand out leaflets etc
- Members - where would be good sites to set up in order to capture good exposure / what sort of things do you think would attract people to the stands?

Please contact Whitby Whalers u3a:

- Reply to the email this Newsletter is attached to.
- Contact any u3a Committee Members - www.u3asites.org.uk/whitby/contact
- Telephone: **07765 850281**

How's your week going?

BREAKING NEWS

Do not let them take your temperature when you go into a supermarket.

IT'S A SCAM!

They're erasing your memory...
I went in for bread and milk but came out with 6 bottles of wine!



Parenting during the Coronavirus shutdown



Weekend Plans:

- Going for a walk.
- Walking.
- A walk.
- Walk to the shop.
- Walk around the block.
- Popping out for a walk.



I TOLD MY SUITCASE THERE WOULD BE NO INTERNATIONAL TRAVEL THIS YEAR



NOW I'M HAVING TO DEAL WITH EMOTIONAL BAGGAGE

EVER BEEN IN A ZOOM MEETING AND HAD A FEELING OF DÉJA VU?



February's Health Advice

Eggs are good for you!

(but if you don't like the taste – add butter, sugar, flour, & cocoa and bake for 30 minutes.)



YOU CAN'T WAIT FOR THE KIDS TO GO BACK TO SCHOOL?



JOIN THE CLUB!

“For all those people who are finding it difficult at the moment – the sun will shine on you again and the clouds will go away.”



NEWS FROM THE GROUPS

New-ish Group - Wine and Whine

The Wine and Whine group meets on alternate Friday evenings at 7pm on Zoom. We have been going for about 3 months now, with a small core of dedicated quaffers! So far we have tried tasting wine in the recommended way (sniffing and swirling, not to mention looking at legs!). We have also tasted some wines of the same grape variety side by side Chardonnays and Sauvignon Blancs, a Cava, a pair of contrasting reds, a Gewurztraminer, and lastly a dessert wine.

We talk a bit about the wines, the grape varieties, where they come from and what foods they might complement. We try to find wines which are available locally and are not too costly, but you don't necessarily need to buy every wine we taste - it's up to you.

We have a chat too and it's fun - not serious! When we are able to it will be great to get together to share some bottles. If you fancy finding out a little bit more about wine why not join us?

The group is run by Liz and David - recent immigrants to Whitby - who both hold a basic qualification in wine (best homework we've ever had to do!)

Next group date: 19 February 2021

Contact: lizfarmilo@gmail.com

Open Forum - Wine optional!

Every Monday, via Zoom, there is an Open Forum at 2pm. It's open to anyone who wants to join in - drop in and drop out, stay for as long as you want, it's all very flexible and relaxed.

Come and see some familiar and unfamiliar faces, and chat about anything, everything, and nothing. Compare lockdown hairdos, admire other people's wallpaper, learn from others how they are coping (if you are finding things difficult) or help those who aren't coping so well if you are OK, or just have a general chat.

Look out for the email from **Clair Stones** giving joining details, which she sends out regularly.

Weekend Group

(from Maureen Osborne)

As we seem to still have a fair way to go in this lockdown time I thought I would just remind you that we are still operating. Obviously we are unable as a Group to meet up and to socialise in person. However, we have continued to have a Zoom meeting every Saturday since last April. The intention behind this has been to try and use this time to get to know each other a little better, to replicate a chatty-coffee-morning type of atmosphere and importantly, to be ready to resume meeting up in whatever way we can as soon as we can.

We managed to meet up on a number of occasions last year, from July right up to the end of October. The various venues – indoors and outdoors - were a welcome change for everyone. We will do our best to resume these when we are allowed to do so.

We chat about so many different topics – as it is chat we aim to keep it lighthearted and TRY not to repeat ourselves, although I have to admit Covid does keep rearing its head from time to time despite our best efforts. A loose 'agenda' of suggested items is made available each week but it is surprising what kind of twists and turns are managed from that. None of the suggested items are mandatory and often we just chat about something that is topical on the day, or of importance to one of the Group to share with the others.

Our Group share their various talents during the Zoom meeting – embroidery, art works, IT advice, online learning options, helping others to solve crossword answers they're stuck on. Until very recently one member regularly sang a song but at the moment she is not very well. She is missed greatly and we wish her a speedy recovery. We are all hoping she will resume this treat as soon as she feels able. At other times we have read poetry, screen shared topical information, and usually also manage a quick-fire quiz.

I know that not everyone can or wants to do Zoom, but rest assured I will be in touch with everyone who has registered an interest with our Group if any face-to-face event is possible. It would be lovely to see you all again.

In the meantime, if anyone has any queries about the Group, would like to register an interest for future events, or wants to join us on Saturdays please let me know.

Maureen Osborne Tel: 01947 605141 email: mandgosb@gmail.com

Using Zoom - how to do it

Anybody wanting some help to get started on Zoom, there's a guide available.

Contact by replying to the email this Newsletter is sent by,
email: whalersnewsletter@gmail.com, or Tel: 07765 850281

ALL IN THE BEST POSSIBLE TASTE

I got myself a seniors' GPS.



Not only does it tell me how to get to my destination, it tells me why I wanted to go there in the first place.

You think dogs can't count?



Try putting 3 biscuits in your pocket – and only giving them 2.

Isn't it strange that, if you lose a sock in the washer, it comes back as a Tupperware lid that doesn't fit any of the containers you've got?

JOIN THE 3 DAY CHALLENGE
NO ALCOHOL



29th 30th or 31st FEBRUARY

I love waving at random people, because you know they'll spend the rest of the day trying to figure out who the heck you are.



2021 Census

Since 1841, every 10 years (except for 1941), the government has held a Census where it collates details of the population. This year's will be on Sunday 21 March.

Given the current situation, the old way of enumerators visiting every building to deal with paper forms and check occupation will not happen. Instead, every household will be sent a letter with a Digital Access Code, which will let you complete your Census Form online. An advance information card will be delivered first, followed by the letter.

****Anyone who cannot complete the form online will be able to request a paper copy and fill the form in as has been done in the past.****

As a note, it is important to follow the instructions carefully when filling in the form. Up to 1901, this information was recorded by the enumerator, but in 1911 people were allowed to fill in the form themselves.....(the phrase "Asking for trouble" comes to mind):

Ernest Ladbrook of Ipswich filled in the form for his family and included:

Bob (Black Cat), Relationship to Head of House: Pet, One year old, unknown if he was married or single, unknown if he had any children, Occupation: Nomad in the Mouse Hunting industry, working on his own account from home, born in a stable in Ipswich.

Questions about health have also been open to interpretation:

John Underwood, a Butcher and Shopman in Hastings, Sussex, filled in the form for his family. They all suffered from infirmities, which he carefully detailed:

Wife Ada - *"Long Tongued"*, sons Herbert - *"Quarrelsome"*, and Charles - *"Greedy"*, daughters Violet - *"Stubborn"*, Doris - *"Vain"*, and Daphne - *"Noisy"*. Unsurprisingly, perhaps, his own infirmity was listed as *"Bad Temper"*.

Most married women seemed to have no occupation at all, but Ada Underwood's (above) was *"Cooking and Washing"*; some weren't as lucky.....Mrs A Ayers from Chelsea is listed as a *"White Slave"*, and Emmer Shepherd in Leicestershire is a bit more specific as *"Slave for children"*. (This, of course, was during the time of Suffrage.)

John Wint of London was obviously not happy with the questions asked:

Married? *"Much"*

No of yrs married (against wife's name)? *34 "We were both married at the same time."*

Wife's Occupation? *"Household Slave"*

Infirmity? *"Impecuniosity" (hard up - NB I had to check)*

Before you think he didn't understand what was being asked rather than just being awkward, for good measure he finished off by writing in large letters across the form:

"Why don't you enquire how many teeth I have in my head!!!"

Part 14

(from Mike Scholey)

The virus versus vaccine battle is at its height
With increasing deaths and hospitals using all their might
To deal with overwhelming numbers. It is a precarious time
For those doctors and nurses, will it all be fine?.

The vaccinators are working at an extraordinary pace
With daily jab numbers far exceeding the diagnosed rate.
Is it reasonable to think the worst will soon be over?
Leaving time to consider other issues and recover.

The current mutation is more virulent. A serious matter
Affecting younger people, way down the vaccine ladder.
High hospitalisation, patient/staff ratio becoming poorer
Delaying changes to lockdown measures, until much later.
The "R" rate is reducing, means the situation improving
But await the daily numbers to see if they are lowering.
Until they show some significant reduction
We continue to be left with uncertainty and confusion.
100,000 the sombre figure of deaths to date.
Growing hospitalisation spells an increasing mortality rate.
Every case brings terrible sadness and mourning
Our prayers go to all with broken hearts and suffering.
Captain Sir Tom Moore passed away. A national treasure.
A hero became a household name, giving us so much pleasure
As he walked with his frame, day after day inspiring the nation
Eventually presenting the NHS with a £32 million donation.
Many mistakes made, but a success story in the vaccine race.
A slight hiccup with the EU resolved, with no effect on the pace.
Must soon end the lockdown and move to some normality
Before we completely lose our sanity.

(Mike Scholey (09/02/2021) (to be continued)

'Travels from Your Armchair' - Alaska The Last Frontier - by Clair Stones

Trevor Barrowcliffe provided a fantastic image of wide-open spaces, a land bought for \$7.5 million, with gold and oil in its short history, a land that became the 49th State of the USA, 591 square mile a population of 730,000, 3 million lakes and 27,000 glaciers – quite fitting for the cold weather outside when the talk was delivered.

Margaret and Trevor had spent time exploring the Alaskan arms (fjords) and shore by boat, inland by campervan – American style and the Yukon Railway into the mountains.



Throughout Alaska there was evidence of Russian influences particularly in place names and the Russian Orthodox churches in various towns visited.

Anchorage, which accounts for more than half the states population situated at the inlet of Cook Inlet, is the gateway to nearby wilderness areas and mountains including the Chugach, Kenai and Talkeetna.

The Iditarod Trail Sled Dog Race is an annual long-distance sled dog race run in early March from Anchorage to Nome, entirely within the US state of Alaska. Mushers and a team of 14 dogs, of which at least 5 must be on the towline at the finish line, cover the distance in 8–15 days or more. Trevor and Margaret visited though outside of the actual race.

Juneau, state capital, is only accessible by sea or plane and roads to Alaska are only through Canada. Travelling on a small cruise ship Elfin Cove (with a population of under 30 outside of the tourist season) with no wi-fi, no mobile signal, no roads and no motorised vehicles it really was a fishing paradise. Glacier Bay provided spectacular scenery from the icy top of Mount Fairweather to the mossy forests of Bartlett Cove, Glacier Bay is a delight for the photographer and as Trevor enthused a remote dynamic and unchanged area. Although humpback whales and sea otters can sometimes be spotted at certain times of the year a lot of sealions were spotted on the haulouts.



Away from all the wildlife, bald eagles and search for brown bears that are known to wander the area a trip to Skagway provided a change. We learnt that Skagway was a gold rush town and is now part of the Klondike Gold Rush National Park. At one time Skagway was the largest city in Alaska with a population of 10,000 though now much smaller at 900. The White Pass and Yukon Railway, built for the gold rush, now provides not only a marvel of engineering but also a splendid panorama of mountains, glaciers and gorges; tunnels, waterfalls and trestles looked like a scenic railway to match any in the world.

The cruise finished with a trip to the Tracy Arm (Fjord), named after Benjamin Franklin Tracy, gave the opportunity to view the Sawyer Glacier. This we learnt extends deep underwater giving the appearance of being a very blue glacier.



Returning to Juneau Trevor and Margaret swapped their cruise ship for a campervan to complete a round trip from Anchorage – Denali – Fairbank – North Pole (not the real one) – Homer and back to Anchorage.



Denali National Park is 6 million acres of wild land bisected by one road. Although Trevor didn't explore all the area and did not manage to see the grizzly bears, wolves, moose and caribou they couldn't help but see the Denali (fka Mount McKinley) North Americas tallest peak.

Fairbanks and North Pole offered not only good sunsets as photographed at Quartz Lake by Trevor, but also the opportunity for exploration of authentic Alaskan culture.

North Pole featured holiday decorations and Christmas trimmings all year round even if the weather was warm but cloudy. We learnt that it was a small town that had big aspirations to become a holiday centre for the country that never quite materialised though it never lost the original intention. Xmas day everyday for all the inhabitants!



Wrangell founded by the Russians is one of the oldest non-Native settlements in Alaska. Wrangell -St Elias National Park is a vast park – the same size as Yellowstone National Park, Yosemite National Park and Switzerland combined. The people continue to live off the land and the rugged landscape really was a sight to see.

The talk was not only informative but also showed a lot of what Alaska has to offer for the tourist who wants to do something out of the ordinary. Not only did I learn a lot about the culture, wildlife and geology of the state but also that Homer is the Halibut Capital of the World! Trevor and Margaret did sample some fish and chips but did not tell us how they compared with Whitby Cod and Chips. Thank you, Trevor, for yet another enjoyable talk.

BRIGHTEN UP THOSE DARKER EVENINGS AND COLDER DAYS

National u3a

The national arm of u3a might not seem very relevant. But why not have a look-see and find out what they have to say and what they have to offer.

Just copy and paste these addresses into your address bar or see the accompanying email:

National u3a website:

<https://u3a.org.uk>

You can sign up for the National u3a Newsletter here:

<https://u3a.org.uk/newsletter>

u3a National Learning Programmes:

<https://u3a.org.uk/learning/national-programmes>

NHS ANNOUNCEMENT

“**NHS 111 First**” is a national programme, aimed at improving the way people access urgent care services by ensuring they receive the right care in the most appropriate setting first time. In the North East approximately 60% of emergency department (A&E) attendances are currently unannounced “walk-in” patients, which can make it difficult to manage social distancing.

From November, people will be asked to contact **NHS 111 First** if they have an **urgent, but not serious or life-threatening, medical need**. Where appropriate, the service will book a time slot for attendance at an emergency department or, if appropriate, may book or direct people to an alternative local service such as an urgent treatment centre, GP practice or pharmacy, as close to home as possible.

People will still be able to walk into any A&E Department. This will not change and nobody, who attends an emergency department unannounced needing urgent treatment, will be turned away. They will be assessed on arrival and, if immediate treatment is required, this will continue in the same way as now. However, by contacting **NHS 111 First**, people will be able to get a timed appointment in an emergency department when they need one, reducing the time they spend in the waiting room and helping to minimise the risk of spreading Covid-19.

****Anyone with serious or life-threatening illnesses or injuries should continue to dial 999 as before, and everyone who needs an emergency “blue light” response will continue to receive one.****

- Call **111** on your phone
- Call **18001 111** on a text phone or using the **Next Generation Text (NGT) Lite app** on your smartphone, tablet, or computer
- Use the **NHS 111 British Sign Language (BSL) interpreter service** if you're deaf and want to use the phone service

See more on the NHS 111 website:

<https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/>

Or find some FAQs from the Royal College of Emergency Medicine:

https://www.rcem.ac.uk/docs/Policy/NHS111_FAQs_October_2020.pdf

NHS 111 BSL Interpreter Service

<https://interpreternow.co.uk/nhs111>

Current Covid-19 situation in the Scarborough Borough Area

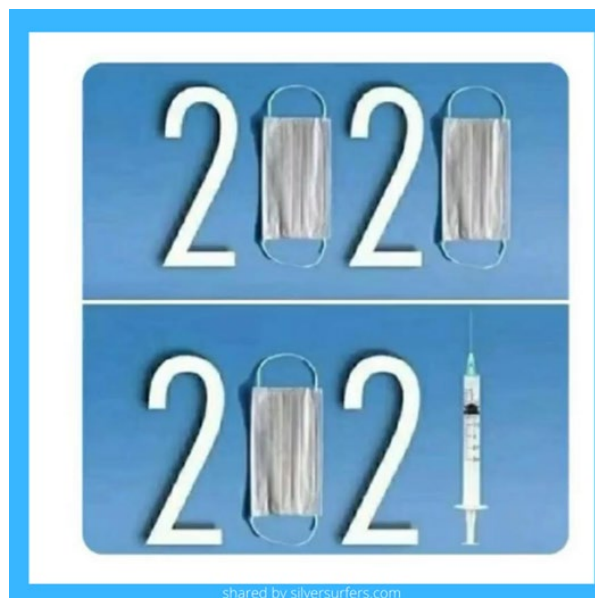
Scarborough Borough Estimated Population 2019 - 108,757

In the 7 days up to 10 February, there was an average of **12.4** new cases per 100,000 people diagnosed every day; which is a huge reduction on the figure around New Year of **58** per day. (The average per day across England over the same period was **20.4**.) This leaves the R-rate estimated at **0.8-0.9** across the North East and Yorkshire.

UK vaccination totals to 14 February are as follows (source gov.uk):

15,062,189 First Doses
537,715 Second Doses

We can't control what other people do, but we CAN control what WE do.



STAY SAFE