



## Whitby Whaler Newsletter March 2021

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### 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](mailto:Whalersnewsletter@gmail.com) or [magsnphil@outlook.com](mailto:magsnphil@outlook.com)

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

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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.

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## WHITBY U3A COMMITTEE

We welcome **Wendy Price** as the new Curriculum Organiser. She will be helped on her way into the role over the next few months, guided by existing Committee members.

However, more people are still 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, but nonetheless can provide valuable input and experience.

There is still a vacancy for **Secretary**. Applying now will mean there is plenty of time to shadow and learn the requirements of the role.

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 contact any of the current Committee members [www.u3asites.org.uk/whitby/contact](http://www.u3asites.org.uk/whitby/contact).

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### **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](mailto:stonesclair1@gmail.com)

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### **Using Zoom - how to do it**

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

Contact by replying to the email this Newsletter is sent by, or

email: [whalersnewsletter@gmail.com](mailto:whalersnewsletter@gmail.com) Telephone/Text: **07765 850281**

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## 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](http://www.u3asites.org.uk/whitby/contact)
- Telephone or Text: **07765 850281**

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**ONLY THIS AND ANOTHER 2 MONTHS OF COVID JOKES TO GO!**



### New! Covid Yoga Positions



**!STOP PRESS!**

**New reported side-effect of Covid.**

**Since March 2020, 88% of blondes  
have disappeared from the UK.**



**My diet between now  
and the 21st June**



## A National and Regional perspective - by Helen Leech, PR Adviser

I wonder how many members ever link into the **Third Age Trust**, the national arm of the u3a? Being a relatively new u3a member I was pretty unaware of what was going on both regionally and nationally until I found myself signing up last Autumn to be **Yorkshire and Humberside Region (YAHR) Public Relations (PR) Adviser!** I had recently retired from running a charity providing activities and services promoting active ageing, hence thinking I might be able to offer support in this area.

The PR roles are brand new and we are in the process of working out how they should best operate. As a PR Adviser I am a volunteer with the **Third Age Trust** and in this role I sit on the Regional Management Committee for YAHR. Volunteering for the Third Age Trust has meant attending a wealth of training workshops. In addition, being a PR Adviser has meant attending meetings with other new Advisers across the country, as well as sitting in on **Pathfinder u3a** meetings. The 63 **u3a Pathfinder** groups are trialling innovative ways to recruit and maintain members. On top of this, I am currently aiming to learn as much as possible about the 53 individual u3as across the Yorkshire and Humberside Region, in order to support them where required in publicising their work! I am also helping Trevor Barrowcliffe (our former Whitby Chair) in pulling together the regional newsletter.....and finally, I am on the Whitby Whaler Committee. As you can imagine, each time I attend a meeting, it results in a to-do list, so there has been absolutely no time to get bored during recent lockdowns!

So what have I discovered about the u3a since seeing the advert for volunteers in **Third Age Matters (TAM)**; the magazine produced 5 times a year by the Third Age Trust? (Available through the Whalers committee: contact **Clair Stones** to subscribe)

I obviously knew Whitby Whalers u3a was a great organisation, but I had no idea that the u3a nationally has over 400,000 members and over 1,000 individual u3as. I didn't know about the national newsletter that we can all subscribe to for free <https://www.u3a.org.uk/newsletter> or in fact the regional newsletter. I wasn't fully aware of the national Zoom events that members can sign into from the national website <https://www.u3a.org.uk>, which have included lectures from the National Gallery, Royal Institution, and British Library. I recommend exploring the national website; it's absolutely full of information and I was amazed to discover there is also a regional website, check out - <https://www.yahru3a.co.uk>. I had no idea of the many u3a Facebook groups including "**u3a keeping in touch**", with thousands of members and numerous daily postings! I have also learned such a lot from my many new u3a contacts across the region and the huge number of incredible projects they are involved with.

The u3a is very much alive and well during Covid!

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# FRIENDSHIP

by Wendy Holt

In memory of Marjorie Thomson who died 25 Nov 2020

I look out of my window and what do I see  
There's a friendly face looking at me  
She's waving her arms to say "hello"  
Thumbs up - thumbs down was her Morse Code.

She loved long walks with Sheila and Don  
Over the moors and then beyond  
Her history knowledge was second to none  
The hall was full when her talk came round.

We would talk in her garden or inside her house  
About her family and things she had done  
Our subjects seemed to have no end  
But that's what we did because we were friends.

She liked to make bread and also bake  
There was lemon drizzle and chocolate cake  
Jars of jam and the odd tin can  
All to be opened by a man's stronger hand.

We were friends to her very last days  
She held my hand and I held hers  
We talked in whispers  
So as not to be heard.

My friend sadly died  
When I was asleep  
She slipped quietly away  
With the Angels to keep.



Marjorie giving one of her  
History lectures  
21 March 2019  
(photo: Don Readman)



## IT'S SPRING CLEANING TIME AGAIN!

from  
Andy Tipps



HOW LOVELY TO BE A DISNEY PRINCESS



AND HAVE LOTS OF ANIMALS COME AND HELP ME

Don't wear headphones while vacuuming. I've just finished the whole house before realizing the vacuum wasn't plugged in.



This year, we're using the Japanese method of de-cluttering. You hold every object you own in turn and, if it doesn't bring you joy, you throw it away.

So far I've thrown out 3 belts, the winter fuel bill, a mirror, and a Joe Wicks exercise DVD.

*I was going to start on  
the cleaning....*



*....but someone commented on  
one of my Facebook posts*

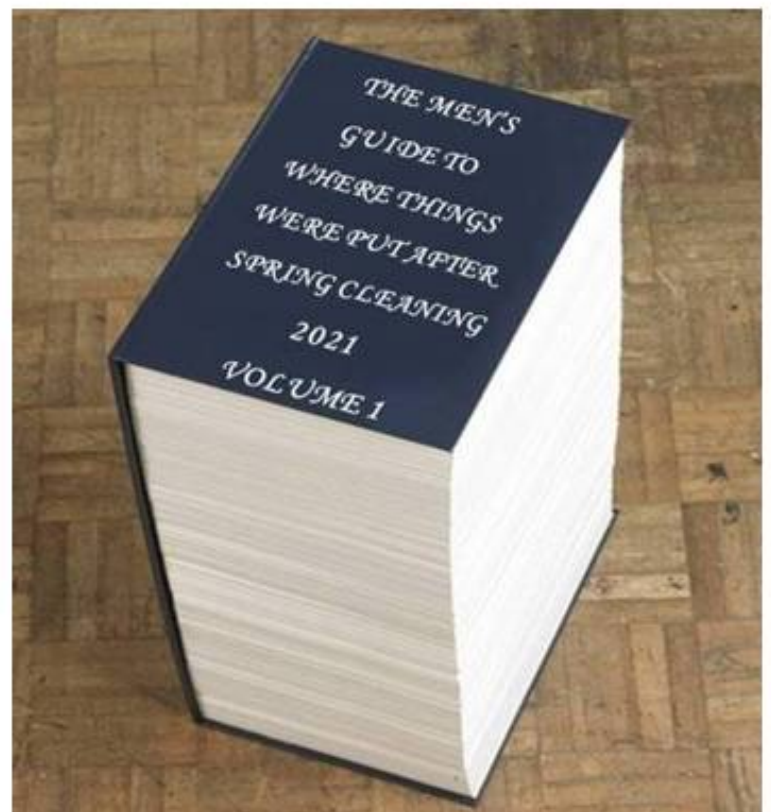


**Always keep a few "Get Well" cards on the mantelpiece. That way, when unexpected guests call, they'll think you've been too poorly to clean.**



**I'VE FOUND THAT IT HELPS TO  
PUT THINGS INTO CATEGORIES**

- **THINGS I WON'T DO NOW**
- **THINGS I WON'T DO LATER**
- **THINGS I'LL NEVER DO**





## WHAT'S OCCURRING?

(Check your Zoom Timetable)

### Open Forum

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 regular email from **Clair Stones** giving joining details.

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## St Patrick's Day - 7pm Wednesday 17 March via Zoom



(But will Paddy McGinty's Goat put in an appearance?)

Email sent out by **Clair Stones** with joining information.

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# COVID DIARY

## Part 15

(from Mike Scholey)

Eradication, using lockdown as a tool is a non-starter  
Would lead to a decimated economy and a mental health disaster.  
Live with the virus, controlled by regular vaccination  
Is the only way forward for a 'progressive nation'

Quarantine Hotels, if you have to stay  
Similar to an open prison, but you have to pay.  
Try a Staycation this year and enjoy a British summer  
Leave foreign travel, until our futures are clearer.

The PM's roadmap has paved the way to freedom.  
Cautious optimism, the battle has been won.  
Normality we knew has gone. Never to return.  
Too much has happened. There's a new life to learn.

No one knows yet what the new life will bring.  
We hope it will continue, with more love and caring.  
There will be winners and losers, but kindness must reign.  
Together we'll succeed, without too much pain.

Spring is early, is that a song thrush I hear?  
Close your eyes, listen to birdsong, the air is clear.  
Open them now, enjoy the daffs and crocus in full bloom.  
A verse of reflection. Our freedoms will be soon.

Government support schemes, plus a few more, for longer  
To be phased out overtime, when economies recover,  
Lots of detail, but full marks for Sunak's enthusiasm and ideas  
Which will be judged on their merit, over the next few years.

Children have paid a heavy price, when it comes to schooling  
Damaging their mental health, physical development and learning.  
Let us hope there will be no return to remote teaching  
Back to compulsory exams, grade confidence and accurate testing.

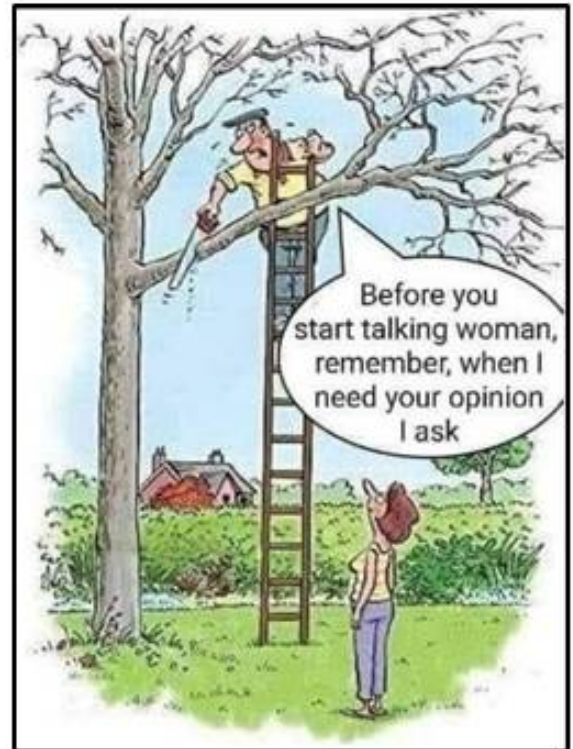
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## MARCH MERRIMENT

Remember when people had diaries and got mad when someone read them?



Now they put everything online and get mad when people don't.



**Chocolate is vital for our survival.  
Dinosaurs didn't have chocolate and look what happened to them...**

## Canine Paralysis



The condition when you are unable to move because you have a dog asleep on your lap.



At our age, we can hide our own Easter Eggs, wait half an hour, and have no clue where we left them.



Latest Mars' Rover image received

Nearly spring – Come On the sun!....

GARDENER'S RECIPE  
ONE PART SOIL  
TWO PARTS WATER  
THREE PARTS WISHFUL THINKING

....and the blisters, and the bad back,  
and the creaky knees.

**THE BEST THING  
ABOUT BEING  
OVER 40 IS THAT  
WE DID ALL OUR  
STUPID STUFF  
BEFORE THE  
INVENTION OF  
THE INTERNET,  
SO THERE'S NO  
PROOF!**

**Relationship status:**

**Been together long  
enough to know when  
I hear her say  
"I love you", she's  
talking to our dog.**

"What day is it?" asked Pooh.  
"It's today," squeaked Piglet.  
"My favourite day," said Pooh.

AA MILNE



**NO MATTER HOW BIG AND  
BAD YOU ARE, WHEN A  
TWO YEAR OLD HANDS  
YOU A TOY PHONE, YOU  
ANSWER IT**

# **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>**

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## **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](https://www.rcem.ac.uk/docs/Policy/NHS111_FAQs_October_2020.pdf)

NHS 111 BSL Interpreter Service

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

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# Current Covid-19 situation in the Scarborough Borough Area

## Scarborough Borough Estimated Population 2019 - 108,757

In the 7 days up to 11 March, there was an average of **4** new cases per 100,000 people diagnosed every day. (The average per day across England over the same period was **7**.)

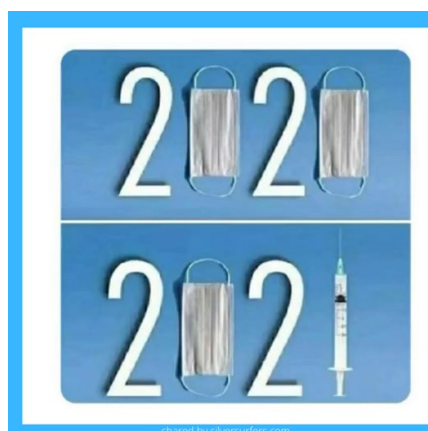
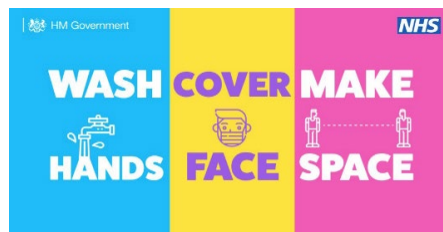
But this still leaves the R-rate estimated at **0.8-0.9** (the same as last month) across the North East and Yorkshire - because unfortunately, surrounding areas are not doing as well as we are. The National R-rate as of 12 March is estimated at **0.6-0.8**.

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

**24,453,221** First Doses  
**1,610,280** Second Doses

**46,078** people in the Scarborough area have had their First Dose (data up to 07 March)

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



**STAY SAFE**