

SPIRE u3a



The TENTH IRREGULAR NEWS SHEET



Our SPIRE
PICTURE this
month is by Ann
Smith member of
the Photography
Group.

The zoom link
for the June
meeting is at the
end of this news
sheet.

June 2 is u3a Day

u3a DAY, 2nd June 2021, is set to celebrate the new experiences that come from being in your third age (no longer in full-time employment or bringing up children.) The annual event, taking place in Volunteer Week on the first Wednesday in June, will show the amazing and diverse things that our members across the country get up to and challenge preconceptions of what being an older adult means.

Spire is doing exactly that. Together with our neighbouring u3as we have put together a video showcasing nearly 80 u3a activities on offer in our area.

See it here.....

<https://www.youtube.com/watch?v=rK4Q6olAork>



You are likely to spot someone you know, perhaps yourself, or something that you originated. (The video is very fast moving so you may need to watch it two or three times)

<https://www.youtube.com/watch?v=rK4Q6olAork>

Embracing opportunities on u3a Day

The very first national u3a Day – celebrating the learning, activity and fun that happens every day in u3as across the country - is an opportunity to celebrate our activities, our contribution to the community in and around Harnham and share the innovative ways members have responded to the restrictions under lockdown.

Sue Stokes, u3a Day Coordinator said, *“We are so excited that from now on, every year, there will be a day dedicated to learning, staying active and having fun in your Third Age - that’s people who are retired, semi-retired or no longer bringing up a family.*

“We hope this day will help to challenge negative perceptions of older adults and will bring together all Third Agers in the community to learn about the contribution u3a makes to the quality of life for retired people. Even during the pandemic, u3as have kept in touch with members on various platforms and enabled them to safely continue to learn, be active and have fun”.

In releasing our video Spire is embracing the opportunity to celebrate all that u3a stands for and raise awareness of our activity and learning with our first u3a day.

This year we can celebrate our new skills, new groups, new ways of communicating, engaging with members and welcoming new ones.

Message from the Chairman

Welcome to our June Newsletter, which is full of interesting information.

This month should be the last month that we will be having a zoom meeting. All being well it’s back to the Memorial Hall in July.

July 12th will be our first meeting together for over a year and I hope you are looking forward to it. I have a meeting with the hall committee on the 27th of this month and will then be able to advise you all of the safety arrangements we need to comply with.

Our first live speaker is the chairman of Salisbury u3a Sid Adcock, whose subject is titled *“Meet Me at St Louis”*.

Sid spoke to us in 2019 about his time in the RAF and this talk expands on that. Whilst writing, I must ask you for some help with the running of our u3a. We really need members to come forward because we have a number of vacant positions on the committee. The positions of Group Coordinator and Safety Officer need to be filled and if possible volunteers to shadow committee members. Please think hard about this and if you feel you can help, let me know.

holtjohn813@gmail.com

Stay safe, everyone, and I will see you at our next zoom meeting on the 14th of June at 10am. (Details on the last page.)

John Holt.

Editorial

THANKS to everyone who has been in touch since our last edition. It is always good to hear from you.

With the prospect in sight of meeting one another 'for real', representatives from Spire have been gathering virtually with others from neighbouring u3as. We worked successfully together on the video and are now turning our attentions to September; September being Relaunch Month.

U3a has traditionally marked the beginning of the new academic year in the same way as all other educational organisations by starting afresh. Schools, universities, colleges and adult learning courses all do it. The only difference with u3a is that we seek to Laugh heartily and Live well while we Learn.

Spire's tentative Relaunch plans include a publicity drive, leafletting, a coffee morning for new members, a joint project with neighbouring u3as, encouraging new members to join in and longstanding members to try something different, starting some new Interest Groups, perhaps, and re-establishing lapsed ones. Something for us all to get involved in. Meanwhile, please pass this link on to your friends and neighbours who you think would enjoy u3a and benefit from joining us.

<https://www.youtube.com/watch?v=rK4Q6olAork>

Learn, Laugh, Live,
Maureen E Frost

From the Membership Secretary

HELP, please. We do not have accurate or complete, up to date contact details for the following members.

If you are in touch with any of them please ask them to kindly contact me: Cynthia Game, Mrs A Shaw, Margaret Kerr. Emails are bouncing for Diane Welsh and Derek Nixon.

Mary Robson

mfrobson@btinternet.com

01722 334310

**I was thinking of all the things I needed to do today
and my mind suddenly went blank
- Problem solved**

LEARN, LAUGH, LIVE

Celebrating - Connecting - Communicating

u3a NetFest 2021 is a whole week of events, 14 June – 18 June, on the theme of 'Celebrating, Connecting, Communicating'. Expect sessions filled with useful information and opportunities to come together to discuss issues, exchange ideas and share solutions.

All Spire members are invited to look at the programme, book for whatever appeals to them, and submit a short summary for the next news sheet OR report back to our secretary, Jackie. One is specifically aimed at walkers.

2j.hankinson@gmail.com

That would be really helpful.

CHOOSE your session here & click the relevant link to Register.

<https://u3asites.org.uk/files/b/bam/docs/netfestprogrammeofsessionswithregistrationlinks202117.05.2021v2.pdf>

Your help is much appreciated: *Thank you*

GUEST SPEAKERS to look forward to

The following speakers have been booked from July.

July - Sid Adcock. *Meet me in St Louis.*

August - Bob Ayres - Christopher Wrens London.

September - Terri Robinson - Australia.

October - Robin Miller - The Royal British Legion.

November - Bill Fairbairn - Finland.

December - John Combes - Winter in the Canaries.

January - Janet Diamond - The great flood of Florence.

February - Bobby Van - Security & Safety Advice.

March - Group Leaders meeting.

If you can suggest some good speakers, or if you would like to come forward yourself, please mention it to the Chairman or one of the committee.

Noah opened up the ark and let all the animals out, telling them to "Go forth and multiply!" He began to close the great doors of the ark when he noticed that there were two snakes still coiled up in a dark corner. Concerned, he said to them:

"Didn't you hear me?"

You can go now. Go forth and multiply."

"We can't," said the snakes sadly. "We're adders."

Covid: How should I protect myself now?

- <https://www.bbc.co.uk/news/health-57087517>

THE INTEREST GROUPS

Coronavirus restrictions remain in place across the country. Cases in Wiltshire are gradually going down BUT we still have to wear masks sometimes & keep two metres apart until well into June.

Please do not attend any u3a event in person

- unless two weeks have elapsed since your second covid jab
- or if you have covid symptoms
- or if you have had a recent positive test result, even if you feel well

Members are reminded that we can all now have twice-weekly lateral flow tests [see below].

Rapid Lateral Flow Test Kits are available from pharmacies, Bourne Hill or online (free)
<https://www.gov.uk/order-coronavirus-rapid-lateral-flow-tests>



Group Leaders are reminded.....

- Every person attending your interest group in person should be a paid up member of Spire, or another territorial u3a, for insurance purposes.
- For the foreseeable future you are asked to keep a written record of attendees, together with their u3a membership number, their postal address, telephone number and email address, in case they need to be traced. This information should be verified each time you meet.
- It is important to comply with government guidance and Public Health advice as well as with any legal restrictions in place. Please research this and ensure you are up to date before each meeting as these things are subject to alteration.
- Some subject advisers offer help on following covid rules. You can contact them through the u3a website.

What we can, and cannot, do is set out on the government website. Guidance changes frequently.

Meanwhile, Spire u3a is able to offer zoom facilities until November. If you run, or belong to, an Interest Group that has not tried this yet please contact the License Holder to arrange.
maureenefrost@icloud.com



View from Britford Churchyard

WALKING IN THE COUNTRYSIDE

The first walk of the season took place on 29 April when a small group got together for a beautiful ramble in the Breamore area at Bluebell time.

“It was much enjoyed by all - the flowers were spectacular,” said Colin.

“Put Thursday 10th June on the calendar for the next walk, location and details still to be decided.”

- For information on all future walks contact Colin Seago.

A man had his second dose of vaccine at the vaccination centre. Shortly afterwards, he began to have blurred vision and struggled to get home. He rang the vaccination centre and asked if he should go straight to the hospital for help. He was told not to go to the hospital, but instead to return at once to the vaccination centre and pick up his glasses...

RECORDERS

Having found ways to practise together on zoom the Recorder Group will continue online for the time being. The next session will be held **Wednesday 16 June at 2pm**. We shall be playing: I can sing a Rainbow, En passant par la Lorraine, Danny Boy, Pavane D'Angleterre and The Lass of Richmond Hill. Details to follow via e-mail.

<https://us02web.zoom.us/j/81822250908?pwd=YTRWVGp3cHBXTHNIWS9DL3V4UkR2dz09>

Meeting ID: 818 2225 0908

Passcode: 473269

FRENCH CONVERSATION

The French group is made up of Spire members and members of other local U3A groups.

“I am the newest member, joining just before the beginning of the pandemic,” says Irene Holt. “All through the lockdown we have been in touch via email and, when permitted, we have met in our gardens.”

The group hopes to get together again soon to resume their language study. If you would like to join in, contact Irene. If there is a big response we will start a waiting list

ireneholt50@gmail.com

What is Learn, Laugh, Live in French?

<https://www.u3a.org.uk/learning/subjects/279-french>

CROQUET

Croquet for u3a Members is held at Hamptworth Croquet Club, Hamptworth Road, Salisbury SP5 2DU. The Club has agreed to host a series of eight Monday morning sessions for u3a members starting on the 5th July.

All equipment will be provided (mallets, balls and hoops). For those entirely new to croquet some instruction and practice will be given on mallet grip striking balls, how to run a hoop and elementary rules of Golf Croquet. The idea being to get everyone playing as quickly as possible.

The activity will be limited to a maximum of 12 participants, who will be expected to practice outdoor social distancing and clean and sanitize equipment after use with soap and sanitizers provided.

Sessions will be from 10.00 to 12.00 hours on Mondays for eight meetings starting 5th July.

Cost will be £3 per session, which includes a green fee and hire of mallet.

If you want to get swinging (with a mallet).

Contact Eric Crowter at mobile: 07538783041 or

Email: ericcrowter63@gmail.com.

<https://croquet-websites.org.uk/hamptworth>



SCI-Tech

The May meeting considered symmetry and music [Music + Math: Symmetry, on youtube.com] and other examples of symmetry.

The next meeting is due **Monday June 28 at 10 am**. Topic to be advised. All Welcome.

<https://us02web.zoom.us/j/87656719333?pwd=WVBoa290OGIEeStGWnk3QTRPeTl1UT09>

Meeting ID: 876 5671 9333

Passcode: 967286

POETRY READING

‘I wish clever young poets would remember my homely definitions of prose and poetry; that is prose; words in their best order; - poetry; the best words in the best order.’ - STColeridge

Having thoroughly enjoyed the works of Rudyard Kipling and Pam Ayres last month this group will come together again on **Thursday June 24 at 2.30pm**.

The focus this time will be on ‘All creatures great and small.’

For more details contact Beryl.

beryl.paton@outlook.com

APPLE USERS GROUP

This months Zoom Meeting is on **Thursday 10 June** commencing at 11 am.

The topic is likely to be ‘Pages’ and there will be the usual opportunity to ask questions about iPads, Macs etc

Please let Mike Talbot know if you would like to join the session.

mjtalbot@hotmail.co.uk

‘As I get older, all I need in life is a Specsavers, a Boots and a Greggs....’
‘Yep, life is all specs, drugs and sausage rolls.’

GEOLOGY

May's meeting focussed on the Iron mines in Somerset's Brendon Hills, together with the associated infrastructure.

The next meeting will be held via Zoom on **15th June at 10.00** when the main subject will be "The fossil collections of William Smith and Charles Darwin - a Comparison."

<https://us02web.zoom.us/j/81044357233?pwd=YWpYYUU3MG1pWUhROWNHYXNqa3Y1dz09>

Meeting ID: 810 4435 7233

Passcode: 201872

FRIDAY MORNING GROUPS

For information on the Photography Groups, or Onward, please see the website or contact Peter Read.

bluerram@gmail.com

ZOOM LINKS

SPIRE MONTHLY MEETING with Alan Jones



IT'S NOT WHAT YOU SAY

Ever wondered why you feel attracted to some people and avoid others?

Most of us form an opinion about someone in just 90 seconds and rarely change our mind.

But it is not based on the way people speak, or even what they say. Discover how Body Language speaks louder than words when we communicate with each other.

Monday June 14th from 10am

<https://us02web.zoom.us/j/89280275252?pwd=ejNzd2dFOXl0WnZOSXVicU5tK3Rxdz09>

Meeting ID: 892 8027 5252

Passcode: 992811

TIPPLE TIME

Tipple Time - the sociable way to end the week - open to all.

Friday June 18th at 6pm

<https://us02web.zoom.us/j/86725675768?pwd=RjMxRGhvQ0pzYUd4NjhHT1hYNmV6UT09>

Meeting ID: 867 2567 5768

Passcode: 430899

Our topic for conversation this time will be *Show And Tell* - everyone is asked to share what they have been doing. Show us something you have made or tell us about it; something you have grown, baked, drawn, painted, sewn, mended, written, photographed or otherwise put together.

