

u3a

Aughton
and Ormskirk
Magazine

Volume 21 ~ No 2
April 2024



Charity No 1105255



Our Chair's last report . . .



AS the headline implies this magazine issue will be my last report as Chair of our organisation. Time seems to have flown by and I must admit it does not seem to have been three years since taking on the role.

I have thoroughly enjoyed the experience and enjoyed sorting out various matters, which do seem to crop up on a regular basis, I think the office gives a big insight into the way a lot of groups operate.

I have attended several seminars and meetings within the North West Region of u3a's both in person and via Zoom, this has been a good opportunity to meet Secretaries and Chairs of other groups in our area and in doing so have made many friends along the way leading to the formation of a smaller group of u3a's more local to us where we swap ideas and initiatives.

During my time as Chair, the Management Committee made significant changes to our Constitution, which I am sure has made the running of our

u3a much easier with a bit less red tape.

Last year was also the 20th anniversary of Aughton & Ormskirk u3a which was celebrated with a special event at the Village Hall.

Aughton & Ormskirk u3a continues to prosper, our membership numbers are holding steady, and financially we are in a very good position. Unfortunately we have lost a few groups due to lack of numbers and leadership, so please come forward if you think you can help in any way. Groups can't exist without leaders and coordinators so a big thank you to you all for the effort you give to make our u3a successful

Finally, as Chair I have worked with an excellent team on the Management Committee and I would like to offer my heartfelt thanks for all the effort they put in with organising and maintaining our u3a, all of which has made my job much easier, I wish my successor all the best for the next three years. **JOHN TOMLINSON**

Chair, Aughton & Ormskirk u3a

Secretary's Notes

I AM enjoying being Honorary Secretary for Aughton and Ormskirk u3a and am in awe of all of you who help make it such a wonderful organisation to be part of.



As those of you who attend Horizons know I have taken on the task of reading the notices out (*not very well I admit, but they say practice makes perfect*) and with the encouragement I am getting I reckon it

won't be long before I join the Drama Group!

Our Annual General Meeting is fast approaching, we had a very successful AGM last year and hopefully this year also. I will be sending out more information nearer the time.

Take care everyone, because we don't want our families worrying about us do we?,

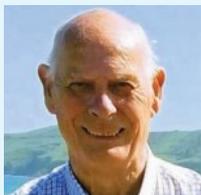
I would much rather mine be saying: "Oh no, what's she up to now?"

SHEILA KIERANS

Secretary, Aughton & Ormskirk u3a

● Cover photo: Pat Johnson and the rest of the u3a Golf group played at Bootle recently. Pat is shown on the first tee deep in concentration before her drive. More on page 21.

An honour for David



Election as Trustee to Third Age Trust

IT is pleasing to report that David Blanchflower, a trustee of the Aughton & Ormskirk u3a, has been elected by the u3a's located in the North West Region as a trustee of the u3a Third Age Trust.

The u3a Third Age Trust is the UK-wide body that represents all the 1,000 u3a's with around 400,000 members in the UK. The Trust works with local u3a's providing guidance, learning and administrative support.

The Trust is overseen by Trustees who are the Board of Directors and have legal responsibility for the decision-making processes that form and shape the future of the u3a movement.

The Third Age Trust provides practical central support to u3a's. This ranges from guidance and advice and model documents and policies such as constitutions, policies on areas relating to data protection, finance, insurance, legal risk assessments ~ to marketing materials and guidance on website, communications and branding.



The used postage stamp club

WELL, I know it's not really a club but thanks to all our used postage stamp savers. These stamps go to Age Concern and they all add up to extra cash, so keep on with your collecting – every little helps (*I'm sure I've heard that phrase somewhere else!*)

Just a reminder that, if at all possible, leave a quarter of an inch border around each stamp. I'm not sure how the stamps are removed from the paper but apparently this makes it easier.

If anyone wants to join our club then the usual place to deposit stamps is the magazine rack in the small room at HQ. Thank you everyone, keep on collecting.

MEGAN TOMLINSON

A Brain Teaser from Derrick

(our Treasurer)

He must be mad! Bill put it in writing. Would I wish, again, to provide one of my puzzles? How little he knows me. I could have crowned him! I mulled over the idea. "Ask not what", I once overheard someone say. Each ought to play their part. Now is your chance to steal the limelight. You always wanted to. You crave notoriety. *Just find the twelve bird names hidden in this paragraph.*

Answer on page 25



Try a game of chess

Every Friday, 9.30am until noon at the Scout HQ

TRAIN your brain not to go down the drain!

Strategy, tactics and fun. If you started

chess at school but not tackled it since, give it another go. We might not be Boris Kasparov, but we're getting there with supportive and inclusive players who soon become friends.

Noted as the noisiest group who meet for lunch after chess at the Café Vista, chess players have the most laughs.

Fight the shrinking cortex! Get the little grey cells into gear! All levels, all genders welcome.

The chess boards are waiting ~ come and join us!

JOE O'DONOVAN



White to play and mate in 3
 (Roberto Grau vs. Edgar Colle)
 Solution on page 25

BARN DANCE

to be held at
Aughton Village Hall

on

Friday, 5th July

Music from

**'CHANGE
OF KEY'**

with caller

Clare Park

AGM 2024

ANNUAL GENERAL MEETING

Thursday, 13th June

at 11.30am

at the Scout HQ after Horizons

A 'Zoom' meeting may be set up
for those unable to attend

*We are looking for **FOUR**
volunteers to join the
Management Committee.
Nomination forms available
from the Secretary*

OUR

Christmas Social

will be held at
Aughton Village Hall

on

Friday, 6th December

12.30 for a 1.00pm

start

ANNUAL

Quiz night

Friday, 4th October

at the

Scout HQ



Edge Hill
University

Department of
Psychology



The Ageing Brain
Research Group

u3a
Aughton and Ormskirk

AGEING BETTER WITH AN ACTIVE MIND



SUSTAINABLE DIETS

FOR A HEALTHY COMMUNITY AND PLANET

Workshop 6: 26th April 2024, 11:00 am
Venue: St Michaels, Aughton



Dr Claire Blennerhassett
Senior Lecturer
Edge Hill University



Dr Blennerhassett is passionate about the role of nutrition and physical activity for the health and well-being of humans, her interests now lie in how food production and consumption can also impact the health of the planet and all that inhabit it. She is specifically interested in food system transformation in the pursuit of a sustainable health diet for all.

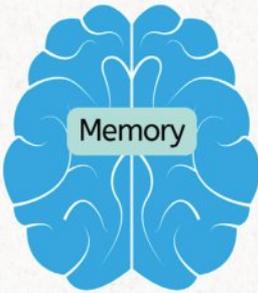
COME AND JOIN OUR WORKSHOPS!

Organised by Dr Dorothy Tse and Dr Nicola Van Rijsbergen from Edge Hill University.

If you are interested in attending, please contact the Coordinator of the Health & Wellbeing Group, Julia, via: wellbeing@aughton-ormskirk-u3a.co.uk or 01744 883086



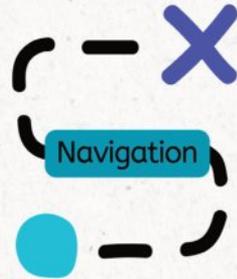
Participants Wanted



Join our memory study and discover how memory shapes the way you navigate. Your participation matters!

Why join us?

- Gain interesting insights into how your memory works when navigating new places.
- Contribute to the understanding of cognitive processes across the lifespan.



Who Can Join?
Individuals aged 65 and above

Contact us:
Xiana Fowles
07842 554 068
24665533@edgehill.ac.uk

Cristina Varela Chacon
25847902@edgehill.ac.uk

Philosophy: The spirit of enquiry

FREE cake! (*only joking*). When I asked my brother-in-law (*who is in a creative writing group*) what should be the first line in this article to attract the reader's eye, after a few moments thought he said 'free cake'.

The cynical tactic of appealing to human physical desire to draw attention can be very effective, as advertising copy-writers know well.

Greek philosopher Plato's theory of the soul splits it into three parts: the first deals with our reason; the second with the spirit and emotion; and the third with the appetite or physical desire (*cake!*).

The Philosophy Group is always using Plato's first part of the soul (*reason*) but the second part (*spirit*) comes into play too; curiosity and the spirit of enquiry is very important. Enquiry means asking questions, and Greek philosopher Socrates loved asking them. He thought of himself as a pesky gadfly to the steed of the Athenian state, prodding its citizens to examine their beliefs and assumptions.

If, like Socrates, you are curious and questioning about the world perhaps you might like to join us, you would be made very welcome.

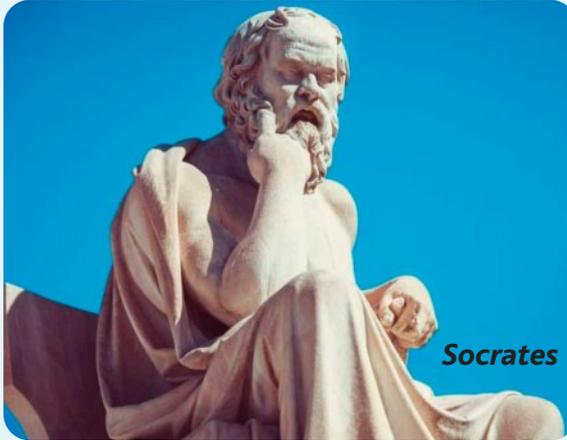
Recent topics we have examined include 'The ethics of human enhancement'; 'Epicurus – the man and

his philosophy'; 'The Philosophy of Mind'; and 'Some Problems of Knowledge'.

The group is open to all and previous knowledge of philosophy is not required.

Now, you may be thinking, what about the third part of Plato's concept of the soul, the appetite; do the philosophy group members use that? Certainly, we're only human, so we always have a half-time break for tea and coffee and, no, we

don't have cake, but we do have some pretty good biscuits! (*To get a flavour of philosophy, try the video of Michael Sandel's first 'Justice' lecture. Just google: sandel, justice. It's fun, entertaining, and thought-provoking.*)



Socrates

Our future programme:

3 May: 'How do we know what we think we know?'

7 June: 'What can the mind do for us?'

5 July: 'Hegel as prophet ~ Nietzsche and power.' 2.00-4.00pm, Scout HQ.

I have only just recently taken over the leadership of the group, so would like to say a big 'thank you' to my predecessor, **César Guidi**. He kept the group going with his knowledge, wisdom and sense of humour, and I hope I can follow his example.

ROB DONE

Goings on in the Garden

AND before you all start getting too excited, we're talking horticultural goings-on here! In this new 'virtual' group, we'll be looking at what's happening above and below the ground, in pots and ponds, on windowsills and workbenches, in fact wherever there is an opportunity for things to grow.

You can join in by sending photos or comments to gardening@aughton-ormskirk-u3a.co.uk

This month the spotlight is on solitary bees, and in particular *Osmia Bicornis*, or the Red Mason Bee. Solitary bees are very efficient pollinators, but in recent years their numbers have dropped due to loss of habitat and use of chemicals.

We can help by introducing the right plants, not using pest control products and just not being too fussy about tidiness in the garden. Be careful too when purchasing 'bee hotels' ~ it's a good idea to do a bit of research before you buy.

The lifespan of a female Mason Bee is 4-6 weeks, the male even less.

The minute they emerge from the cocoon they know exactly what they have to do: reproduce themselves.

As long as the weather permits and there is a plentiful supply of pollen, the female will choose a nesting site and lay one or two eggs a day, carefully providing a supply of pollen for the grub to eat when it hatches, and sealing each tiny chamber with mud before moving on to the next one.

In my garden I provide cardboard tubes for the bees to use as nesting sites, which are then stored over winter and opened up in the spring, hopefully to reveal a number of cocoons, ready to start the process all over again.

We need to look after our bees. Without pollination, not much happens. If you're introducing new plants into your garden, go for the ones the bees love: Lavender, Salvia, Foxgloves, Verbena

Bonariensis, Echinacea ~ there are lots more. Love your bees! 🐝

PAM BALL

*Pictured above:
The Mason Bee*

*Left: Bees like
Lavender*





Drama Group

- our next production

REHEARSALS are now well underway for our next play – an extremely entertaining and hilarious comedy, *Country Dances*, written by Ann Gawthorpe and Lesley Brown. The cast, including the resident cow, are practising their Somerset accents and working hard on learning their lines under the keen direction of Megan Tomlinson. Other members of the group are constructing scenery and working hard on sound effects and lighting.

The production includes a visit to the local music festival and everyone is getting their best singing voices into action. Of course at any music festival there is always the opportunity to dance and our very patient and talented choreographer, Gaynor Hale, is teaching us all some intricate moves. It's rather like having our own Pilates session! There is of course lots of laughter as we all get our left and right muddled up, but practice makes perfect!

We are staging three performances this time due to the demand for tickets for recent productions, so all who would like a

ticket will be able to get one.

Our production takes place at Aughton Village Hall on **Thursday May**

16th, Friday May 17th and Saturday May 18th with curtain up at 7.30pm. During the interval the audience will be served a Somerset picnic tea. Tickets, priced £13.50 each, are available at Horizons and also by phoning **01695 227503**. We do hope that you will be able to join us for an evening which is guaranteed to be full of laughter.

New members are always welcome to come and join the group. No experience of drama is needed, just a sense of humour! If you would like to join the group please come along to the Scout HQ on a Wednesday afternoon (2.15-4.15pm) or to Aughton Village Hall on a Friday afternoon (2.00-4.00pm).

We are intending to have a workshop morning or afternoon after our production so that people can come along and find out more, details will be published via enews in the coming months.

LES RIPPON, Group Leader

● *The cast are in full rehearsal mood.*



ARTY CRAFTY

Welcome to our latest 'new group' Their ethos is 'anything goes'

THIS brand new group meets at the Scout & Guide HQ on the first Wednesday of each month, from 2.00pm until 4.00pm.

Our thoughts are that during the meetings members can do whatever takes their fancy relating to arts and crafts ~ an ethos of 'Anything Goes', with an

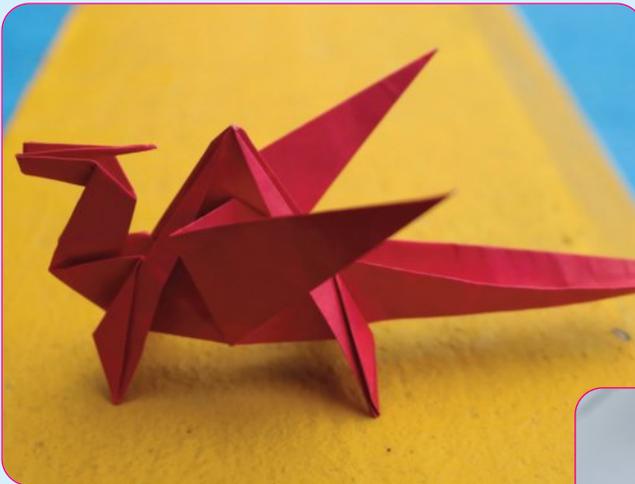
emphasis on broadening skills and sharing ideas.

We were thrilled that fifteen members gathered at our first meeting on 6th March, to enjoy a wide variety of activities including miniature making, sketching, stencilling, card making, latch hooking, embroidery, knitting, painting, flower arranging, Lino printing, felting, Commonplace Book journaling and Hardangar which is a form of counted thread weaving.

It was a brilliant start, just come along, because everyone is welcome at our next meeting on 1st May.

For further details contact either:

IRENE or **ANN** via the [arty-crafty web page](#)





CANASTA and SAMBA

WOULD you like to learn a new skill? Have you played cards or would like to? If you have played rummy or any of its versions, and can hold 15+ cards in your hand ~ then Canasta and Samba may be of interest to you.

We play every Friday morning 9.15 'til

12.00 at the Scout HQ. Please feel free to drop in and try our game.

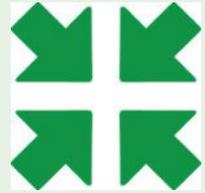
Full support and information is available, so call in any Friday morning to speak to any of the group members.

Coordinator:

PAT MCKENZIE



Green Things . . . Spotlight on repairing



WE are on a mission to do our bit for the environment and we'd like to encourage as many people as possible to join in.

Rather than keep adding our rubbish (*especially plastic rubbish*) to landfill we always think about ways we can minimise what goes into our grey bins by considering the following:

Reduce

Reduce the amount of unnecessary stuff we buy, especially items that contain a lot of plastic.

Reuse

Reuse items so they have a longer life.

Repair

Repair items, instead of throwing away.

Recycle

Once we have reduced, reused and repaired as much as we can, we should be able to recycle almost everything else.

In this edition we're going to shine the spotlight on **REPAIRING** items instead of throwing them away.

Repairing

HOW many people can darn socks or sew a button on? These are life skills that seem to be dying out as clothes have become



Worn out jeans

cheaper and people don't see the value in prolonging an item's life. It would be great to hear of members who are teaching their children and grandchildren these skills.

Shoes used to be such an expensive commodity that they'd be repaired many times. Thankfully there are still a couple of places in Ormskirk where

shoes can be repaired. It's worth reminding ourselves that this is an option.

A little while ago we heard about 're-

pair cafés'. They are places in the community where you could take your



Planning to make the repair visible

broken household items and get them repaired by skilled (*generally older*) people. Has anyone been to a repair café? Pictured is one example of how we can

repair an item instead of throwing it away.



Visible mending

MEGAN TOMLINSON and LIZ DIXON

Learning with the National u3a

IN the last **u3a** Magazine, I wrote a short article which included a list of opportunities offered free to **u3a** members by the National Office and publicised via their website (www.u3a.org.uk).

These cover an eclectic range of topics via online talks, workshops and courses (www.u3a.org.uk/events).

The events are mostly now bookable via Eventbrite ~ a well-known, reliable and easy-to-use booking app. They are hosted on Zoom - a video-conferencing system that many of us became familiar with during Covid lockdown.

The National Website provides 'How to Guides' for using Zoom . . . or you could consult our local Aughton & Ormskirk u3a Computer Helpers at Horizons.

Over the years, I have taken advantage of some of the National **u3a** learning programmes. But my most recent one was a 6-session Zoom Course on Cryptic Crosswords held over December and January.

This excellent course was run by Henry Howarth who has taught over one thousand adults on the topic. He is the author of the book 'Learn How to Solve Cryptic Crosswords', on which the course is based, and an app called 'Learn Cryptic Crosswords'.

You needed Henry's book for reference and exercises, in addition to access to a laptop, desktop or tablet computer and a broadband connection. Having signed up using Eventbrite,

participants were emailed the Zoom login details and further information prior to start of course sessions.

It all ran very smoothly indeed and Henry proved to be a really excellent teacher. He used a combination of mini-lectures, practical exercises and homework. There were around 60 attendees at each session which lasted 90 minutes with a short comfort break in the middle.

This proved to be a very professional course! Henry's verbal explanations were excellent, well complemented by his slideshow and other screen-shared information, summaries, demos and practical exercises. The level and breadth of the course content was ideal ~ certainly for me and, I suspect, the majority of **u3a** attendees.

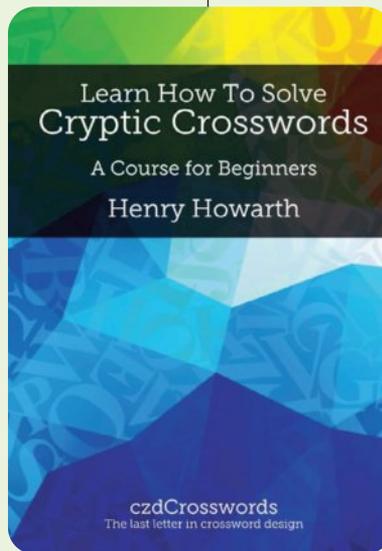
The book was a perfect accompaniment to this course, providing follow-up study and exercises for each class plus reference materials for later use and revision.

Its price was very reasonable indeed, especially as the course itself is free to **u3a** members.

The other free Zoom sessions I've been joining recently in my capacity as Web Manager, are about **u3a** SiteWorks.

Alan Nolan, another member of the core Web Team, has also been attending these SiteWorks information meetings and in the article opposite, explains more about this interesting development.

JOYCE NOLAN



u3a SiteWorks

FOR the past 18 months or so, the National u3a has been developing a replacement for the u3a SiteBuilder website system used by nearly 700 u3a's. The new system is called u3a SiteWorks and is being rolled out to existing SiteBuilder u3a's.

SiteWorks uses the popular WordPress core software that powers about 40% of the world's websites. The u3a SiteWorks project team has customised it specifically for u3a's.

For example, the SiteWorks version recognises Activity Groups, Group Categories, Venues, Events, Leaders and many more entities and attributes. (Ours is not a SiteBuilder website but

does use WordPress software.)

The SiteWorks project team created a roll-out queue for existing SiteBuilder u3a's and is steadily working through the list.

Other u3a's are allowed to register their potential interest in moving to the SiteWorks system and

I registered our u3a with the SiteWorks project in December so we are kept in touch.

The project to migrate u3a's from SiteBuilder to SiteWorks is moving ahead quite quickly and may soon reach u3a's such as ours that have not used SiteBuilder. Could this be a possibility for the next generation of our website?

ALAN NOLAN



If you're interested in knowing more about SiteWorks go to siteworks.u3a.org.uk or contact webteam@aughton-ormskirk-u3a.co.uk

Crown Green Bowls is back

CROWN Green Bowling is perennially popular with our u3a members. We are fortunate to be able to offer a good number of sessions at local Bowling Greens.

We have two venues, and the days and times vary per green.

Contact the Leader for the specific Bowling Green you want to use.

Dog & Gun, Long Lane, Aughton. Mondays and Thursdays from 1.30pm - 5.00pm.

Leader: **Yvonne Thomas**

Sessions restarted: **Monday 1st April**, 1.00pm for a 1.30pm start.

Ormskirk Bowling Club, behind the Ormskirk Cricket Club field, Altys Lane, Ormskirk. Mondays and Fridays from 1.00pm - 4.00pm.

Leader: **Eddie Davidson**

Sessions restarted: **Friday 5th April and Monday 8th April**. After

taster sessions you will need to join Ormskirk Bowls Club. It is £50 for the year ~ bowls provided.



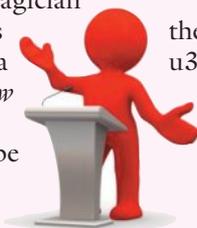
Speaker Meetings

THANK you to all who have supported our Speaker Meetings so far this year. On **8th February** journalist Angela Danby returned with more interesting tales from her time working for the Southport Visiter, and on **14th March** magician Pete Turner amazed us all with his talk 'Through the Eyes of a Magician' (*we still don't know how he did what he did!*).

On **9th May** our speaker will be Dr John Patterson, Principal of St Vincent's School for visually impaired children, in the Archdiocese of Liverpool. After taking over as Principal in 2012, John set about encouraging students' entrepreneurialism, employment skills, creativity, and solidarity with those less fortunate. On Wednesdays pupils choose lessons they feel play to their strengths, including in music, drama, sports, ICT, environmental work, and growing food on the school grounds to use in a student-run café.

One of his many achievements has been to oversee pupils developing a disability sports toolbox that now helps

children in 20 countries across four continents. John's talk will focus on the ethos and aims of the school, and on what has been achieved during his time as Principal.



There will be no meeting in June, then our speaker on **11th July** will be u3a member and retired solicitor Jeff Vernon. *Jeff writes:* We are all consumers; we all buy goods and services both in shops and on-

line. Normally all goes well and we are happy with what we have bought but, occasionally, things go wrong. Goods can fail to arrive or can break down very soon after, services may not be carried out satisfactorily. This talk aims to explain the main rights that consumers have when buying goods and services from traders, what remedies are available to them and how best to exercise those remedies.

Keep an eye on our website, slideshow and enews for the latest information on Speaker Meetings. All meetings begin at 11.00am, after Horizons, and last about an hour. Hope to see you there!

PAM BALL

zoom at AGM . . . help needed

This year's AGM, to be held on 13 June, needs a quorum of at least 100 paid-up members to be present. In recent years this has been difficult to achieve so it is hoped that we can provide a facility for members who cannot get to the Scout & Guide HQ to be able to attend the AGM via Zoom. To use such a Zoom facility properly we need help from any members who have experience of running Zoom events involving input from remote participants. If you can help, please contact the Chair, John Tomlinson by email to chair@oughton-ormskirk-u3a.co.uk.

NW Region of u3a's

WHEN the u3a movement began in the UK in 1982, every new local group was simply part of the national organisation. The Third Age Trust was formed as their parent body and remains as such, now with an additional level of support.

About 2008, Regions were established corresponding to national administrative boundaries.

The North West covered Cumbria, Cheshire, Lancashire, Merseyside and Greater Manchester. This layer wasn't an administrative function, it was intended to offer extra support for the growing numbers of u3a's, which needed help in establishing their organisations.

Each Region elects a Trustee to represent the members. Regions are encouraged to put on events, some for their officers and committees and others for the members, to inspire, inform, educate or entertain.

Over the twenty years the North West Region has run many training days, fun events for members' participation, a regular summer school, exciting Annual General Meetings with guest speakers and lots of the essential local support in establishing and nurturing our 100 plus u3a network.

On Saturday 24th February, a couple of our members joined recorder players from all over the north west

for a day in the Quaker Meeting House, Liverpool, organised by Fiona Tucker (Formby u3a) and led by the nationally renowned virtuoso recorder player and conductor, Andrew Collis.

Andrew led over 40 ensemble players in a diverse repertoire ranging from polyphonic Venetian to modern. A fun and friendly atmosphere was maintained throughout whilst various musical styles and techniques were explored and a very high standard of performance achieved. A great day out for everyone concerned! By Kath Coyle and Chris Brooks.

The Spring 2024 newsletter includes information about the Big Sing on Saturday 15th June in Liverpool, and the Carlisle Summer School from 13th-15th August. There are stories about interesting activities in our u3a network from Alsager's 50 strong orchestra to Lancaster's Accessibility Day.

Then there are plans for Southport's exhibit in the Flower Show in August.

You can get a £10 discount on entry prices, plus free parking for coaches. Might someone be interested in organising a day out?

You can find out much more about the North West Region by visiting the website:

<https://u3asites.org.uk/north-west>



MTG's 'The Trinket Box'



SET against a sparkly backdrop reminiscent of twinkling stars, Aughton Village Hall's stage came alive with a kaleidoscope of colorful costumes adorned with baubles, bangles, and beads. An eastern pot dance and fan veil dance added an exotic flair, transporting audiences to distant lands filled with mystery and allure.

With a treasure trove of well-known songs spanning the decades such as the Bond themes 'Goldfinger' and 'Diamonds are Forever' and popular hits like 'Band of Gold' and 'Lucy in the Sky with Diamonds', 'The Trinket Box' was a glittering showcase for the musical and theatrical talents of our Musical Theatre Group.





u3a Table Tennis

ALL RIGHT you have not played since your youth club days but you and I know you have still got it. Come on down on Thursday afternoon to check it out.

We operate throughout the year ~ no breaks for holidays, though an exception might be made for Christmas Day, at u3a headquarters.

And what a bargain! Only £2 for a session that potentially lasts from 1.00 to 4.30pm if you have the stamina. Also unlimited tea and coffee with biscuits and snacks for a very reasonable 50p.

All equipment provided but probably you will soon want to have your own bat.

Two tables are available and we play doubles so you can always blame your partner if the game plan is not working. Old style rules ~ games up to 21 ~ none of this pressurising up to 11 new style game. Actually not so new style ~ the rule change is now 20 years old!

On the benefits of table tennis I will quote the British Heart Foundation: “whether you are a casual or competitive player table tennis offers moderate-intensity activity, which is good for heart, your arms, core and shoulders. Get a work-out as you swipe for and direct the ball. In a fast-paced game, you’ll work your legs and ankles as you dash between the corners”.

Personally I’m a bit dubious

about swiping and dashing ~ but never mind.

Players get to choose their partners (*and opponents*) using the latest technology. Well, to be honest, a board with pegs with players’ names on. Soon you too could have a personalised peg!

Table tennis provides a good workout improving hand-eye co-ordination, or so they tell me. As you rediscover your love of the game you could look for extra sessions in local sports clubs or even start playing in the local leagues as a number of our players have done.

Anyway come on down and meet a friendly, if sometimes competitive, social mix. You will get a warm welcome, encouragement and advice, if wanted or needed. All abilities welcome ~ give it a go.

MAL COLLIER



THE u3a card making group meets on the third Tuesday of each month to make our own cards, though help and advice is on hand for beginners wanting to join the group. Occasionally we have a guest who shows us how to make different cards.

At Horizons coffee mornings each week Joan, Ruth and Susan sell their cards to members. The cards cover a variety of occasions such as Birthdays, New baby, Weddings, Sympathy and

Card Making

many more and are priced from £1 to £2.50. A percentage of the money raised goes to u3a funds.

Susan is happy to take orders for personalised cards for a significant occasion such as Wedding or Birthday which are priced accordingly.

SUSAN CRAWFORD



Our golfers in action

Left: Mark Breen, golf group leader, addresses the ball. Centre: Graham Morrison begins his swing. Right: Les Fillis hits a superb drive down the first fairway at Bootle. 🏌️



VERY recently, your Web Manager **Joyce Nolan**, discovered ~ quite by chance ~ a music Radio Station that plays all her old pop favourites. The tunes on Radio 2 were becoming increasingly unfamiliar and sometimes she years for some lighter entertainment than Radio 4.

It is called Boom Radio ~ not because it blasts out loud music all the time but because it is aimed at Baby Boomers.

It has also been discovered by the u3a National Office apparently. *See this item in the March National Newsletter!*



ADVERTISING CAMPAIGN WITH BOOM

We are thrilled to announce that we will be running an advertising campaign with Boom Radio, which has over half a million listeners over the age of 55. The three month campaign will start in April, alongside a u3a social media campaign, and will feature three u3a members sharing their stories about what u3a means to them.

Listen to Boom Radio (www.boomradiouk.com or ask Alexa 'play Boom Radio') and let us know what you think by emailing communications@u3a.org.uk

Spring Plant Swap



THE Spring Plant Swap will take place at HQ on **Thursday 2nd May**, during Horizons. Bring along your surplus seedlings, houseplants, rooted cuttings etc and exchange them for something else. Please label everything and wrap appropriately.

See **Colin Russ** or **Pam Ball** at Horizons for more information.

Situation Filled

WE are pleased to announce that a position has been filled. After many years, **Ian Haskell** has retired from running the 'Beacon' system, and **Deirdre Slater** has volunteered to take over. Ian has given Deirdre his full backing and she has worked with Ian in the past.



THE North West Region is holding a Big Sing on **Saturday, 15th June 2024** at the Quaker Meeting House in School Lane, Liverpool.

This popular event will be led once again by **Fredrik Holm**, supported by members of the NW team. This event is for anyone who enjoys singing (you don't have to be an expert vocalist). The cost is **£15** payable in advance by BACs or cheque. Lunch will not be provided but there will be refreshments.

Details are available on the NW website or contact **Gill Russell** on u3anwrchair@gmail.com

The link to the booking form is

<https://forms.gle/EY9hUmvagdTJQzqQ7>

Our Walking Groups

OUR Walking groups never really stop 'walking' . . . but as the weather improves, this is your chance to join one of them. Information in more detail is available on the u3a website under the 'Groups list'.

Walking A-Monday Afternoon (Short walks)

Walks are local and leisurely and between 4 and 5 miles (maximum 5 miles) in length over easy terrain.

email: mondaywalks@aughton-ormskirk-u3a.co.uk

Walking B-Wednesday (Medium walks)

The walks cover approximately 6 miles, and new members are always welcome. The walks usually end with a pub lunch.

Coordinator: Linda Griffiths

Walking C-Thursday (Easy Local)

These walks are usually local easy walks up to 5 miles, We are a very friendly group and very happy for new members to join us. Coordinators:

Jenny Jobe & Liz White

Walking D-Thursday (Medium)

This group meets for a 5-7 mile walk at an easy pace, with good social interaction over lunch at the end of the walk.

Coordinator: Les Thomas

Walking E-Thursday (Longer walks)

We walk in a variety of scenic areas across the North West, usually no more than 75 mins drive from Ormskirk. Walks are typically between 7 and 11 miles.

Coordinator: Joy Taylor



● *Jenny Jobe sent me this photo of a recent local walk along the canal at Burscough*



NEXT ISSUE

THE publication date of our next issue is: 12th September, 2024. Please email any copy or photos to the Editor by 5th August.

COULD you have something to contribute to the next magazine? Perhaps a report on a u3a Outing, Meeting or Event that you have particularly enjoyed? If so, do let us know. Associated photos are an excellent enhancement to a report, but remember to check permission to publish from people in your photo.

Other possibilities include a poem or short story, puzzles and jokes. See recent past magazines for examples. But don't be afraid to produce something novel.

Please submit articles to:
editor@aughton-ormskirk-u3a.co.uk
or
commscomm@aughton-ormskirk-u3a.co.uk

Our Joke Column has returned!



Our wi-fi was down last night so my wife and I had to talk to each other. I didn't know she no longer works in Woolworths.

It's been a bit of a strange day! First I found a hat full of money, then I was chased by an angry man with a guitar.

I met the bloke who invented crosswords today. I can't remember his name, it's P-something, T-something, R...

I rang up my local swimming baths. I said: "Is that the local swimming baths?" He said: "It depends where you're calling from."

I'm against hunting. In fact, I'm a hunt saboteur. I go out the night before and shoot the fox.

Couldn't undo the buttons on my jumper so tried pulling it over my head, but it got stuck. Now I'm sitting in A&E waiting to see a cardy-ologist.

I was really upset when my wife told me our 6-year-old son wasn't mine. It seems I must take greater care at school pick-up time.

My Geography teacher was fantastic. I wouldn't have swapped him for all the tea in Denmark.

You know, somebody actually complimented me on my driving today. They left a little note on the windscreen. It said 'Parking Fine.' So that was nice.

I'm so lazy I've got a smoke alarm with a snooze button.

If a bottle of cyanide is past its 'sell-by date'... is it more poisonous or less poisonous?

I've just been on a once-in-a-lifetime holiday. I'll tell you what, never again.

Wine Tasting

NEW u3a members are invited. We offer six wines for tasting, expert advice and entertainment thrown in. Scout HQ, 3rd Friday of the month at 7.30pm.

Please 'book early' with the Group Leader or the Group Coordinator and, if necessary, 'cancel promptly' to allow others to take your place, as events are very popular and numbers are limited.

The Admission Fee of £12 is payable at the door.

2024 Tastings: 19 January, 16 February, 15 March, 19 April, 17 May, 21 June, 20 September, 18 October 6 December.

All are welcome to our wine events, especially new members. Please come and join us and enjoy some really nice wines with good company.



Leader: IAIN SMART
Coordinator: MIKE RIMMER



AN excellent start to the New Year for the Sunday Social. In January our very own Ukulele Group performed for us and we had a great sing-along.

In February our famous Drama Group returned and entertained us with their radio version of Pride & Prejudice.

March and April will have seen us welcoming the u3a Guitar Group and then Aughton Male Voice Choir on the 28th April. Do come along if you are reading this in time.

Check out our fantastic website for news of upcoming events which will also be posted on the enews.



MY name is **Judy Kirkham** and I've recently taken over from Kathy Isherwood who was organising them with my help.

Many of you will have known **Dorothy Harrison** who ran the group previously but unfortunately due to ill health no longer attends and I know she is sadly missed.

I would very much like to be able to welcome as many of you as possible to come on the trips but any suggestions or preferences would be welcomed. Transport to and from the theatres is provided by mini coach. The shows are a mixture of musicals, comedy and dramas.

We are currently booking for the Alan Bleasdale play 'Boys From the Black Stuff' which many of you will remember from the series on television.

If any members are interested in coming to any of the shows do pop along to Horizons on a Thursday morning and have a chat.

JUDY KIRKHAM

Puzzle solution

- 1: Emu; 2: Tit; 3: Shag; 4: Owl;
- 5: Crow; 6: Dove; 7: Knot; 8: Rhea;
- 9: Chough; 10: Teal; 11: Swan;
- 12: Raven

Chess solution

- 1: Na6+ Kxb7
- 2: Bd7+ Kxa6
- 3: Qb5#

CHAIR:

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VICE CHAIR:

Pamela Ball

HONORARY SECRETARY:

Sheila Kierans

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Magazine Distribution

THE increased cost of postage means no more 'posting' of this magazine to our members.

You can access the latest magazine in a number of ways

- *Read it online by accessing it via the Magazine page of our u3a website*
- *Come along to Horizons and pick up a printed Magazine*
- *Ask a friend or a member of a Group you attend to pick one up for you.*
- *You can even read the previous five versions online.*





John Tomlinson



Pamela Ball



Sheila Kierans



Megan Tomlinson



Derrick Fewings



Liz Dixon



Alyne Trigwell



Alex McMinn



Mike Rimmer



Paul Andrews



David Blanchflower



Ian Grant



Bob Carlton



Willem Wiechers



Les Rippon



Deirdre Slater



Bill Soens



Joyce Nolan



Bill Evans



The Queen's Award
for Voluntary Service

Tell us what you think

If you liked this April 2024 edition of the u3a magazine, tell us about it.

- *What did you like and why?*
- *What bits would you like to see more of?*
- *If you don't think much of it, let us know that too, so we can do better next time.*
- *And if you have any magazine publishing experience do get in touch to see how you could help make it even more stunning.*





Textiles group is thriving

The Textiles group is continuing strongly under the new leadership. We are up to 47 members now, higher than pre covid.

During the last few months we have had various demonstrations including beadwork and stitched card making. We have regular 'stash swaps' and there have been days out (*with particular emphasis on buying more stash*). The photographs on this page are from our latest 'show and tell'.

For more information see our webpage:

www.aughton-ormskirk-u3a.co.uk/groups/textiles-and-quilting/
or contact

ALISON LITHERLAND or **JAYNE SHEPHERD** via the website

