

# u3a

Aughton  
and Ormskirk

*Magazine*

Volume 21 ~ No 1  
January 2024



Charity No 1105255

# Our Chair reports

HELLO and welcome to our first magazine of 2024, so can I wish you all a very Happy and Prosperous New Year.

2023 was a year when our Social Committee worked very hard in organising several events, the highlight of which was Aughton & Ormskirk u3a 20th anniversary, which was celebrated in the Summer and I am sure enjoyed by all who attended.

As you know our new year for membership was the 1st October 2023 and I am pleased to report that our numbers still remain constant and our u3a is on a very firm footing.

It would be very remiss of me if I did not mention at this time all the members of the management committee, web team and group leaders for their continued help and support over the last twelve months. Thank you all I really do appreciate all you do for our u3a.

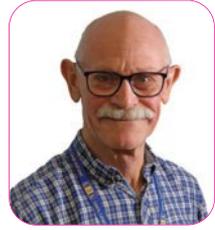
We are of course always looking for members who want to join our management committee. It's not a very onerous task and I am sure we have amongst our members many people who have the skills needed to help run our organisation, particularly in IT which as

you know is now a regular part of all our lives.

Keep checking your email and enews for events which are coming up over the next few months, I am sure with all your support Aughton & Ormskirk u3a will prosper for many years to come.

**JOHN TOMLINSON**

Chair, Aughton & Ormskirk u3a



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*Cover picture: Jackie Roscoe as the Dowager Countess and John Tomlinson as Butler Travers*

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## Groups Schedule

**FROM** time to time, we produce a **Groups Schedule**. This lists all the **activity groups**, showing where, when and how frequently they meet as well as who to contact if you are interested in joining the group.

To see the latest version of the schedule, you can look on the website, where it has links to each of the activity groups; or come along to Horizons to pick up a printed copy.

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## Sheila making lifelong friends



MY time as Secretary has been very interesting, getting to know people, through various group activities, and at Horizons.

I had lived overseas for over 50 years and coming back to live in the UK has been hard, but Aughton and Ormskirk u3a has

enabled me to make what I hope are lifelong friendships and for that I am truly grateful.

I look forward to chatting to many more of you in the future and hearing your stories.

Merry Christmas and a Happy and Prosperous New Year to you all.

**SHEILA KIERANS**

Secretary, Aughton & Ormskirk u3a

# How to publicise your Events or Group Meetings

IF YOU have the job of organising an event or running a meeting, there's nothing more disappointing than getting a poor attendance after all the hard work you've put in. So here are some tips to make sure your efforts are rewarded with a 'full house'.



it interesting to the target audience you are trying to reach? A strong local angle can make it appeal to local media and freesheets.

## WHERE TO ADVERTISE

*We have many*

*digital platforms ~ use them!*

- website ~ visible to everyone
- slideshow at Horizons ~ and online!
- enews ~ monthly email to all members
- social media ~ our u3a Facebook page has 355 followers, including non-members and local organisations
- email to previous attenders ~ keep your list up to date on Beacon

*And don't forget the traditional publicity channels*

- Horizons announcements
- flyers at Horizons
- group meetings

## KNOW YOUR TARGET AUDIENCE

Be clear about the audience you are trying to reach as this helps you shape and target your messages. Your audience will include members and possibly potential members and external organisations. You need to think about who you currently reach and who you want to reach.

## CONNECT WITH YOUR AUDIENCE

A good way to connect is through telling a story that people can relate to and that feeds into a larger conversation, for instance how the event came about, or who will be there and why. The skill is to find interesting and sometimes unusual stories which connect with the audience and illustrate clearly what the event or meeting is all about.

The story may be interesting to you but is



## PHOTOGRAPHS

Photos can liven up any story and make it more appealing. If you want advice about taking photographs, contact the Digital Photography leaders: Alan Starkie, George Slawinski and Bill Soens. Phone numbers are on the u3a website. **ALAN NOLAN**

# Speaker Meetings

A HAPPY New Year to you all, and a huge thank you to all who supported last year's Speaker Meetings. We have a full programme of speakers and a wide variety of topics lined up for 2024, starting on **8th February** with Angela Danby, who returns with more tales from her time as a reporter with the Southport Visitor. Meetings are every second Thursday from February, 2024.



On **14th March** we will welcome magician Pete Turner, who will amaze us with his talk '**Magical Mind Games**'. **11th April**: Russell Parry will join us with his fascinating account of '**The Appley Bridge Meteorite**', and on **9th May** John Patterson, Principal of St Vincent's School for the **Sensory Impaired** and Other Needs, will tell us about the vitally important work being done by this remarkable school.

Full details as always will be published on our website, at Horizons and in enews. Hope to see you there!

**PAMELA BALL**

# Spring Plant Swap



FOLLOWING on from the success of our Autumn Plant and Produce swap, we are proposing to hold a Spring Plant Swap around April or May time next year. Details at a later date.

So if you find yourself lifting and dividing, sowing or propagating in the early part of 2024, maybe think about potting up a couple extra for your fellow **u3a** gardeners!

**PAMELA BALL  
COLIN RUSS**

# Edge Hill Ageing Better workshops

THE Health and Wellbeing Group recently enjoyed two sessions provided by Edge Hill University as part of their Ageing Better with an Active Mind project.

In November, we learned about touch in a fascinating presentation by Dr Susannah Walker from Liverpool John Moores University who spoke about The Science of Touch. We were made aware of how important touch is as one of the five senses and how it affects many aspects of our lives.

In December, we were treated to a session on Dance Contact Improvisation by Dr James Hewison from Edge Hill University. This involved individual members of the group working with one or more other people on various aspects of movement while in contact with each other, and again this proved to be extremely interesting.

We are looking forward to further presentations from the team at Edge Hill in the New Year and will advise of the topics and session dates and times as soon as these are finalised.

**JULIA BATE**

*December 2023*



# We have FIVE Walking Groups!

DID you know that the Aughton & Ormskirk **u3a** has five Walking Groups, catering for all levels of ability?

The Longer Walking Group (E) meets on the last Thursday of each month. We are a friendly, enthusiastic bunch of keen walkers.

We generally walk in the fantastic and varied countryside to be found within an hour's drive of Ormskirk, and walk length tends to be between 7 and 12 miles. We like to take our time to enjoy the scenery, and will usually have at least one coffee stop; sometimes a packed lunch en-route, sometimes a pub lunch at the end or at least coffee and a cake.

In the last few months we have rambled around Hoghton, Nabs Head and Salmesbury (8.5 miles); Scorton &

Nicky Nook (near Garstang, 8.5 miles); Moel Famau in North Wales (a more challenging 8.5 miles); and the Sankey Valley Heritage Trail to Billingey Beacon (a more leisurely 8.8 miles); and the River Weaver (8 miles).

We are always happy to welcome new members. If you are interested, our up-and-coming walks can be found on our **u3a** Group webpage.

If you would like to go on our mailing list to receive further details by email, then please contact the Group co-ordinator **JOY TAYLOR** on **07848 808 665**.

Below, an intrepid bunch near the top of Moel Famau. *From left to right, Jean Latimer, Mike Brady, Doreen Ball and Bryan Pready.*



# A wonderful Christmas Lunch





Judy Ingman, a member of the Creative Writing Group, was commissioned by the Social Committee to write a poem for the u3a Christmas lunch. She read it out loud to the assembled guests and here it is for your enjoyment:

**PROLOGUE**

You've been meeted and greeted before  
you've been led to your chair.

You've been ferried and sherried so you're  
ready to let down your hair.

**YULE LOG**

Your Christmas dinner is here  
with your wine or a beer  
as you listen to our Roller Coasties.

Enjoy turkey and a sprout,  
NO spitting it out  
as you tuck into it all and the roasties.

**HAPPY LOG**

After pudding, mince pies,  
where you've increased your size  
you need to dance as if you're abroad.

But first all hands together,  
whatever the weather,  
for our Social Committee we applaud.



# ‘Never mind the Butler’--

ON the Saturday evening, along with a number of residents from The Fountains, including myself, I attended the twice-yearly event of the u3a Drama Group ensemble.

This year’s autumn presentation being ‘Never Mind The Butler’. It all took place at the usual location, Aughton Village Hall, which was full to capacity.

A light-hearted entertainment, and the cast as always, made a difficult job look easy, and were given a standing ovation at curtain call.

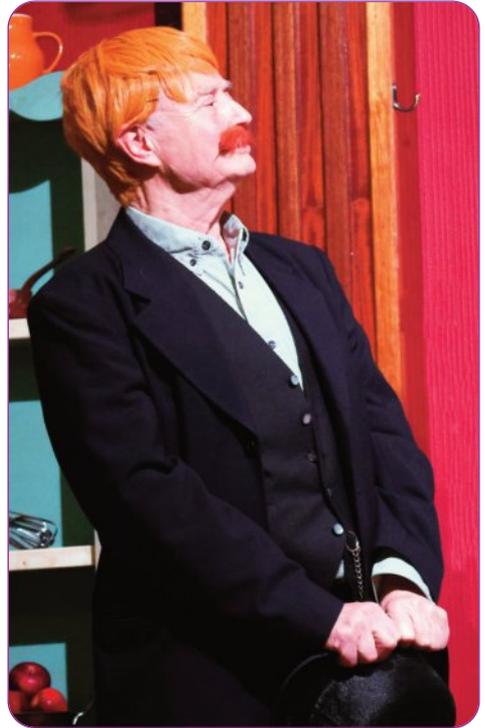
The ovation should also have been given for the ‘interval’ hot-pot supper which went down a treat.

The evening was a great success enjoyed by all, who are awaiting news of the ensembles’ next exploits!

**IAN ROSS (The Fountains)**

**See pps 22/23 for our future productions**

*Right: Tony Abbott in another disguise!  
Below: ‘Upstairs’ in The Uppington household.*





*Above: The Cast, Director, lighting, sound and back stage crew. Below: Marjorie Uppington played by Nicky Rippon and John Tomlinson as our butler 'Travers'.*



# Get moving in 2024!

COLD, wet weather, then the excesses of Christmas and New Year, all conspire to make us generally unfit in January. Perhaps some indoor or outdoor activity in company with other u3a members might help to motivate us to get moving again? See also the fuller articles on exercise elsewhere in this magazine. There are other fitness classes but they are not accepting new members at present.

## What about trying Football?

We play running football with limited contact and reduced heading,  outside on an all-weather pitch at Burscough Sports Centre each Monday at 10.00 for just over an hour. Cost is £3 per session. Interested? Call **Alan Thompson** on **07732 267402** or **0151 536 6722** for further information, or just to check the meeting is on.

There is a lot of choice in walking groups, locally or further afield. All the groups provide friendship and support. What's stopping you?

**Local walking.** Second Thursday of the month usually starts at 10.00 for an easy walk between 4 and 5 miles. It's a friendly group and new members are always made very welcome. 

Contact **Jenny Jobe** **01695 421574**

**Monday short walks** are organised by **David Blanchflower**, **01704 889736**. Details are also on the website. This group walks in the local area with just a few miles to reach the start point. Numbers are not restricted so no prior booking is needed. Walking groups are free to attend.

**Wednesday Medium walks** are led by **Linda Griffiths**. Walks explore new areas and always end with a pub lunch. Expect 5/6 miles over moderate terrain. Details on

website or phone **Linda** on **01695 423 451**

**Zumba Gold.** A fitness dance class based on latin rhythms following the moves led by **Anna**, our excellent tutor. Aughton 

Village Hall each Monday from 11.15-12.00. There are currently some places available at £15 for each set of five lessons. Just turn up and introduce yourself to leader **Joan Riley**.

The **Country Dancing Group** meets every Friday at Aughton Village Hall from 11.00-1230. Leader **June Jones** concentrates on traditional English dances in the 'Jane Austen, Pride & Prejudice' style; some fast, some slow and all very sociable and enjoyable. The music is in the traditional style too. No need for a partner, just come along and join in the gentle exercise. Contact **June** on **01695 726696**.

**Cycling for ebikers.** **Peter Lloyd** started up a new cycling group earlier this year, 'Cycling for ebikers' although any biker/bike will be welcome. 

They aim for a Wednesday but follow the weather, especially in the winter, so days are flexible, cycling 20-26 miles with stops always including a cafe.

This is a small happy and friendly group with space for new recruits.

Contact **Peter** on **07801 106335**

**Yoga classes** are held at Aughton Village Hall each Tuesday from 12.45-1.45 with **Craig Sumner** as the tutor. Gentle

stretching and relaxation at your own level makes for greater flexibility and calm. 

The group is keeping a reserve list as vacancies often occur. Phone **Sue Watkinson** on **01695 422423** to express an interest.

**Tai Chi** is an ancient form of exercise originating in China. Today it is practised for health, improving balance and co-ordination and contributing to overall well-being. Heather our teacher is very informative about the different styles. We are currently learning Yang and also do some Qi Gong as part of our gentle warm up exercise. Both groups meet at Aughton Village Hall on Thursday afternoons and follow the same programme.



Group 3: 2.00pm-3.00pm  
**Pam Collier: 01704 894396**  
Group 4: 3.15pm-4.15pm  
**Jane Francis: 01695 421821**

There are spaces for new participants, particularly at 3.15pm. Why not try a taster session?

Why not join the **Keep Fit class** on Mondays 12.00 to 1.00pm in Scout & Guide HQ. Enjoy exercises to music, led by Jo, who has been leading us for several years now, and suitable for everyone to go at their own pace. Cost is £25 to £30 for 10 classes depending on how many sign for each session.



If interested please come for a taster session, we start back on 8th January 2024. Or ring **Ann Roberts** on **01695 575708** for more information.

## Nine members of our tea team



● *Top (left to right): Gill Skinner, June Pardy, Frances Campbell, Carol Grainger, Linda Hindley. (Bottom row): Bobby Connolly, Elva Marsh, Audrey Patterson, Pauline Marsters.*

# First of all 'JOIN'

## Why did you join u3a?

Four new members share their stories with  
**SUE WATKINSON**, member number 317.

*Have you got a tale to tell?*

*Email the Editor at: [editor@aughton-ormskirk-u3a.co.uk](mailto:editor@aughton-ormskirk-u3a.co.uk)*

**SUE WATKINSON:** I remember why I joined u3a twenty years ago. I'd just retired, had spent three months trying to be a domestic goddess and was bored. A leaflet about u3a was put through my letterbox and I was immediately attracted. It spoke to me personally ~ 'retired, looking for a new challenge'. I dialled the phone number and was hooked. I made some wonderful friends and retirement became a constant delight, learning new or revisiting old subjects and taking on roles I thought were consigned to the history books.



## FOUR NEW MEMBERS TELL THEIR STORIES

**SIMON FRAMPTON** became aware of the u3a movement in his working life through contact with founding Chairman, Alex McMinn, when they collaborated to bring Health and Community Support together.

"I work three days a week now and I was looking for some more lifelong learning for my time off.

"I had enjoyed English at school and, if it hadn't been for the career I had chosen as a small boy, I would have taken Arts A-levels rather than the Sciences. I wrote poetry in those days and I wrote Art reviews for local newspapers and magazines at medical school.

"When I saw the Creative Writing Group was available during my Monday/Tuesday window, I was attracted immediately by the idea of joining and was made welcome at my first meeting in November."

**SARAH GREENWOOD** had heard of the u3a many years ago and had already joined Southport where she was enjoying Walking Netball. Her other interests were Pilates and Writing, but her available days didn't fit with the Southport Groups so she looked for a second u3a.



Aughton & Orm-

# ... then 'JOIN IN'

skirk has been able to accommodate her in both these activities and she can continue with her grand-parenting duties as well.

"I'm afraid I joined the Aughton and Ormskirk **u3a** by default . . . I joined my local **u3a** in the summer. I particularly wanted to join the Writing group but unfortunately it was on a day I'm not available. Aughton and Ormskirk's writing group was on a different day and I have very much enjoyed the two meetings I've so far attended."

**MIKE KANE:** "I can honestly say being part of the **u3a** has changed my life!

"Living with someone with an ABI (*acquired brain injury*), can be very difficult and lonely at times, especially as I had to move to this area away from family and friends.



"When someone suggested **u3a** to me I scoffed. I thought it was just an organisation that organised coach trips for old dears! But I checked out the website out of interest and was amazed at the wide variety of groups available. I realised my initial thoughts were very wrong so I decided to join.

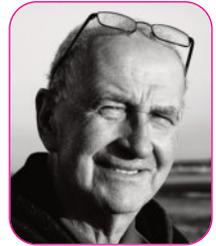
"I began to attend a few groups and found the people so friendly and welcoming. Soon after I joined I had an accident that meant that I was not able to get out for quite some time but now, as my mobility has improved, I am back attending the groups and intend to try a few new ones in the coming months. And

the weekly 'social' is a great way to meet new people and make new friends.

"The **u3a** is like one big family, and thanks to them I am enjoying life far more than I thought possible. I would recommend anyone who feels lonely or does not have enough going on in their lives to give it a try. It's been a lifesaver for me and it will for you too!"

**TONY FAGAN:** I joined **u3a** because I am interested in digital photography.

"I was talking with a neighbour one day, Tony Leigh, and we were discussing our mutual interest in photography.



"Tony, already a member, suggested that I came along to one of the **u3a** photography meetings to see if I liked it and maybe I would join. I did just that. I thoroughly enjoyed the afternoon and met some very nice like-minded people.

"I joined the **u3a** and I am now looking forward to future meetings as well as the odd competition."

**SUE WATKINSON** says: "Knowing what attracted new members is so useful for recruiting in the future. It gives us a picture of the type of person who might gain most from being in the **u3a** and, hopefully, of those who will give back to **u3a** too." Please share your story. Email it to [editor@aughton-ormskirk-u3a.co.uk](mailto:editor@aughton-ormskirk-u3a.co.uk)

# Once upon a time

The perfect title for a new Musical by John/Sue Hardiker and Gill O'Flaherty.  
Directed by John and Sue Hardiker.

*Choreography by Gill O'Flaherty,  
Sue Hardiker and others*

Reviewed by **DAVID DAVIES**

THE Residents of a home for retired Theatricals are slowly sinking into the routine and mundane institutional life of a care home. That is until a new resident, Penny arrives and rekindles their inner Show Business spirit.

Given notice that the adjacent Hall they perform in will be redeveloped, unless they can enact the right of first refusals and raise the asking price.

They decide to try the only way they know by recreating their theatrical career.

A cleverly constructed script with perfectly matching music. Each character

given a back story thought through so carefully you would only expect to see in a Chekhov or Ibsen play.

The result, three-dimensional endearing characters. Direction, and the actors' ability, created genuine real people the audience could not help but empathise with.

The **u3a** is an incredible organisation opening up a world of hobbies and interests for retired people giving many the opportunity to try that artistic or practical pursuit life and circumstances have prevented.

However, it was obvious from the 'opening curtain' that all of these actors had considerable theatrical experience.

It was a first night and yes there were some technical problems but true to their past characters the performers shrugged, smiled, and carried



on in a strange way reinforcing their credibility.

Variety? Well, from beautifully delivered Musical Theatre songs, Country and Western; Magicians; a very funny ventriloquist act; the two jugglers emanating mischief and fun ~ obviously previous Pantomime characters; a song sung note perfect acapella. Energetic Tap Dancing and a Bollywood Dance.

*Pure entertaining Variety.*

Despite the oldest resident being over eighty-five, when that spotlight came on magically the years fell away, and past Talent shone like an everlasting beacon.

In contrast to Sid's comforting pantomime-style jokes, a moving parade of characters holding placards bearing the names of fellow 'theatricals' who had passed on.

Again, perfectly chosen background music.

It would be genuinely disingenuous and impossible to highlight any particular character in this show as each, despite being a first night, was nothing short of outstanding.

Saving their Hall and a lovely romance, rekindled ended this feel-good Musical.

*"A gentle Musical with a Heart".*

It would be hoped other u3a Musical Theatre groups give this Musical the exposure it Deserves.

The cast were:

**THE RESIDENTS**

Sid	John Hardiker
Penny	Gill O'Flaherty
Grace	Sue Hardiker
Victoria	Dorothy Prothero
Helen	Doreen Bridson
Mary Lou	Anne Hankin
Ada	Maureen Cox
Ethel	Theresa Edwards
Betty	Maureen Morris
Nancy	Barbara Shields
Darcey	Heather Furnival



# Southport University Extension Society

A&O u3a member Roger Mitchell is also Secretary of SUES, and came along to Horizons in November to publicise their Lectures and Courses, which are open to everyone at a modest charge.

SUES can trace its origins back to 1874 and is a unique survivor of the Victorian campaign to extend quality education to everyone.

Meetings are held at All Saints Church Hall, Park Road, Southport PR9 9JR, with Courses taking place on Monday mornings from 10.30am to 12.30pm and Lectures on Friday afternoons from 2.30pm to 3.30pm.



Membership costs £10 per year and gives free admission, including refreshments, to Lectures. Courses cost an extra £5.00 per two-hour session. A&O u3a members are invited to come along as a guest to any session before joining.

There is more information on the Southport University Extension Society website at [www.southportues.com](http://www.southportues.com), or you can phone Roger Mitchell on 01695 423594 or email him at [rg.mitchell@btinternet.com](mailto:rg.mitchell@btinternet.com)

## 2024 LECTURES

**Friday, 23rd February:** Julia Clayton ~ The Fiction of Forgery: Art and Authenticity in the English Novel

**Friday, 22nd March:** Stephen Lloyd ~ Shakespeare, the Earls of Derby and the North West

**Friday, 26th April:** Alan Crosby ~ Providing Elementary Education in Victorian Lancashire

## 2024 COURSES

**8th January - 4th March:** Roger Mitchell ~ Colonial & Post Colonial America (8 weeks)

**8th - 29th April:** Alan Potter ~ Technology: How things work (6 weeks)

**13th May - 10th June:** Peter Firth ~ The University Extension Movement (4 weeks - free)



# Helping Each Other Group may have to finish!

SADLY I have now stepped down as Organiser of this Group and as yet no other Member has offered to take my place. Unless that happens this Group will finish. There would be helpers available but it does need one or two people to step up and organise a programme of a few outings and indoor social sessions.

This group was born around 2010/11 and was created to help people feeling isolated, due to loneliness or a physical disablement, to be encouraged to join different forms of social interactions.

Its name explained it was to help those who were confident in some directions to help others less able and for others to help them too where they were struggling.

Meetings were mostly 11 or 12 times a year on a monthly basis. During colder months they tended to be held in the Scout HQ with a socially directed meeting including light refreshment often being led by another u3a group, eg card making, choir,

flower arranging and perhaps games afternoon or just chatting together.

In warmer months short local outings were arranged usually with Charlton mini coaches which have a lift at the back of the coach and room for walkers and wheelchairs if necessary.

They included lunches or afternoon teas at local garden centres, the Safari Park, and Music afternoons at Sefton Park, Perhaps a canal trip or to visit a place of local interest.

Tasks for leaders and helpers are to discuss with the Group their ideas and then to devise a programme of meetings as described above.

The Group has never been restricted and has always been open to all U3A members and although it has generally included regular people, newer ones have always been welcomed.

Please feel free to contact Judy Ingman **01695 423 141** if interested, or see her at Horizons.

**JUDY INGMAN**



## A NEW YEAR A NEW CHALLENGE



**IN December, the leaders of the Philosophy and Ukulele groups turned up at an Horizons meeting to promote their u3a groups and to encourage more members to join.**

**A wide range of fascinating and relevant Philosophy topics are scheduled for 2024 ... and people with little or no experience of playing an instrument are welcome to come along to Ukulele.**

**In fact, a Beginners course is planned**

**to start in late January.**

**For further information, check out the relevant Group Pages on the u3a website via**

**<https://aughton-ormskirk-u3a.co.uk/groups-schedule/>**

**... or phone the Group Leaders**

**Philosophy:**

**CESAR GUIDI - 01695 229403**

**Ukulele:**

**TONY MANLEY - 07399 569330**



● *Our current squad (l to r standing): John Draper, Paul Kavanagh, Bill Evans, Mike Forrest, Barry McDermott, Eddie Stockley, Dave Calvert and Ted Greenwell. (With cue in hand): Eamon Duffy, Cliff Johnson, Mike Kane, Dag Griffiths and Barry Carr. Laurence May, Frank Rogers, Dave Jackson, Dean Simmonds and Colin Will not present for the photograph.*

## The Snooker Group is busy!

OUR Snooker group has attracted a few new members recently. We meet at the 22 Club at Hesfords in Ormskirk town centre, every Tuesday, 12.30pm until around 5.00pm. Players can turn up anytime up to 2.00pm.

Parking is usually available either at Hesfords, or in the small Lunesdale car park at the end of Moorgate, opposite the club ~ only £1.00.



● *Newcomer Paul Kavanagh is obviously a quick learner!*

If you fancy trying the game ~ *there are no Ronnie O'Sullivans in our group* ~ either just turn up on the day, or contact our temporary leader: Eamon Duffy via the website.

You will be made very welcome, and if you haven't played for a while, or have never played before, we can give you a few tips on how to hold the cue and pot a few 'reds'. I can get a 147 quite often ~ I pot a red for 'one', a brown for 'four' and a 'black' for 7.

**BILL EVANS**

● *Great photo from Bill Soens. Barry Carr's 'red' is on its way into the pocket and the 'cue ball' is about to spin backwards to get on the 'blue'!!!*



# Pickleball Festival Fun

WHAT a great u3a Pickleball Festival we had at Markland Hill Racquets Club in Bolton! This was enjoyed by a number of members of the new Aughton & Ormskirk u3a Group, set up earlier this year.

The Bolton Festival was organised by Elaine Shallcross BEM (*Services to Pickleball*) and David Pechey, u3a Subject Adviser to Pickleball.

Two full day festival sessions were held on the 5th and 16th of October with registration via email. As numbers were limited, 48 players (*of mixed abilities*) from various u3as attended on each day.

Our group set off with mixed emotions ~ excitement fused with anticipation! Remember we are a newly formed group and we were not entirely sure if we wanted to step outside of our comfort zone.

As there were no league tables or ladders, each game was purely for fun, giving us the

opportunity to mix with players from other u3a groups and make new friends.

After a welcoming cup of tea and a pre-games brief from Elaine, we made our way to the sports hall.

The event was extremely well organised, and it didn't take long before we were waiting eagerly for our name to be called to play, on one of the four courts, with our new-found Pickleball friends.

The event was such a success that the A&O u3a Pickleball Group quota for another one in December was over-subscribed. But

hopefully those disappointed will have the opportunity to attend further Pickleball Festivals in 2024.

If you want to find out more about this sport, new to our u3a, check out the Pickleball Group Page on our website.

We play every Tuesday afternoon, 1.40pm, at Burscough Sports Centre.

**AILEEN PIPER**



# Opportunities from the National u3a

YOU may be aware that a portion of your annual u3a Membership Subscription is a capitation fee that goes off to the Third Age Trust.

And you may wonder what you get for that. Well ~ quite a lot actually!

I suspect many members will be surprised by the number and wide range of opportunities afforded by the National u3a.

For example:

- Short Courses and Research Projects
- Poetry and Short Story Competitions
- Photo and Art Galleries
- Logic and Maths Challenges
- A Monthly Radio Podcast

- Online Interest Groups and Learning Events
- Subject Advice and Networks
- A Monthly Newsletter and five Magazines per annum
- and more

For example, this year, I have signed up for Cryptic Crosswords for Beginners ~ a Six-Session Zoom Course, held in December and January . . . ideal for dark winter days indoors. The best way to investigate if there is something for you is to browse the National u3a website for yourself at <https://www.u3a.org.uk>

The News, Learn and Events menus are a good places to start browsing.

**JOYCE NOLAN**

## Magazine Distribution

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

**You can either:**

- **Access the on-line version of the Magazine from 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 up one for you**
- **Provide a stamped addressed C5 envelope for it to be posted to you at PO Box 198, Ormskirk L39 6WY**



## PHOTOGRAPHS

I HAVE been creating our u3a magazine since 2005 . . . lots of issues since then.

For the front cover photograph, our last three issues have depended entirely on Bill Soens for his excellent work.

Bill takes mainly 'wild life and birds' and I put one on the cover a few issues ago. This issue has the Drama Group again. I could do with Group Leaders sending me photos (*like the above*) taken with your 'smart phone'. I used to get some from Cycling, Local History, Science, etc, etc.

*Next issue is around April 2024.*

Portrait size photos give me a better chance for cover picture. **BILL EVANS**



# Green Things . . .

## Spotlight on reusing



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, don't throw them 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 **REUSING** items so they have a longer life.

## Reusing

Here are some ideas for reusing items prior to them being recycled or thrown away.

### OLD CLOTHES, CURTAINS, ETC

- Swap with friends. How about a clothes swap at Horizons sometime next year? Let us know what you think about a new or 'as new' clothes swap.
- Take to a charity shop

- Make into shopping bags or fresh produce bags
- Cut up and use as cloths

### SUPERMARKET PLASTIC BAGS

- Reuse, reuse, reuse . . . did you know, despite carrier bag charges being introduced in 2015, we still buy 57 carrier bags per household per year?

### CUPS, PLATES, CUTLERY

- Be old-fashioned and choose the proper stuff instead of single-use items. How many times can a real plate be washed and reused?
- Buy a lovely reusable cup for your takeaway coffees

### ENVELOPES, GREETINGS CARDS

- Use them for shopping lists and then recycle them.

### BUTTER AND MARGARINE TUBS

- Use in the freezer a few times for batch cooking.
- Use for leftovers in the fridge . . . and then recycle them.

### ZIPLOCK BAGS

- Wash and reuse.

### BREAD BAGS

- How often do you need a plastic bag for something? Clean bread bags are handy for transporting or storing something you need to stay dry. Then recycle them with soft plastics at the supermarket.

Do you have any ideas of how we can reuse items so they have a longer life before we recycle them or throw them away? Let us know. Remember, we can't be perfect, but a lot of us all doing our bit 'will' make a difference.

**MEGAN TOMLINSON and LIZ DIXON**

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A HUGE thank you to all who supported our recent production, 'Never Mind the

Butler'. We hope you all enjoyed it, and apologies to those who weren't able to get tickets.

We are planning to have three performances for our next production which is scheduled for mid-May 2024 ~ once we have confirmation of the availability of Aughton Village Hall for

three consecutive dates we will publish details via eNews ~ look out for further information.

Our next production will include a return to music and dance as well as drama.

It is a light hearted comedy based around a village in the West Country and involves characters straight from 'Keeping Up Appearances' with our own Hyacinth who has moved from London in search of a perfect 'manor' but becomes the victim of



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**Ian Grant**



**Bob Carlton**



**Willem Wiechers**



**Les Rippon**



**Deirdre Slater**



**Bill Soens**



**Joyce Nolan**



**Bill Evans**



**The Queen's Award  
for Voluntary Service**

a well meaning, but hopeless local farmer, who attempts to help her settle into life in the country. Other villagers get her involved in local activities including an annual music festival.

If anyone would like to join the Drama Group they would be more than welcome, no experience is needed, simply a desire to have good fun!

Please contact me on 01704 880 247.

**LES RIPPON**

## **NEXT ISSUE**

Please note: The next issue of the u3a magazine is scheduled to be printed around the third week of April 2024, with a copy deadline of the 3rd.

If your group hasn't been featured for a while, or even 'ever'; then contact the Editor. Send any copy to the Editor at 'editor@aughton-ormskirk-u3a.co.uk'

# Film Appreciation Group

February to July 2024

Fourth Monday of each month at 1.45pm - at Scout HQ

February 26th

## HIDDEN FIGURES

The film tells the story of three African-American women working at NASA. They were the brains behind the launch into orbit of the astronaut John Glenn. The visionary trio crossed all gender and racial lines, a great achievement at that time in America.



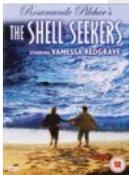
forms an unlikely friendship with Red, (*Morgan Freeman*) and finds ways of surviving, using his banking skills. There is a certain amount of violence to start but the film becomes quite positive and very interesting.



March 25th

## THE SHELL SEEKERS

This film is based on the bestselling novel by Rosamunde Pilcher. Filmed entirely on location in Ibiza, London, Cornwall and the lovely villages of the Cotswolds, the story centres on Penelope and her troubled relationship with her children. You will not be disappointed!



June 24th

## RING OF BRIGHT WATER

Grahame Nevill, (*Bill Travers*), buys an otter from a London pet shop and decides to leave the hustle and bustle of the city for the tranquil beauty of the Scottish Highlands. He and Mij, the otter become the best of friends. When

Grahame meets and falls in love with the village doctor (*Virginia McKenna*) the three become inseparable. This film will make you laugh. The scenery is really beautiful. You will think you are on holiday!



April 22nd

## SHENANDOAH

Shenandoah tells the dramatic story of a man caught in a dilemma as a Virginian farmer during the American Civil War. He refuses to support the Confederacy as he is opposed to slavery. He will not support the Union as he is opposed to war. When his son is taken prisoner he is forced to change his mind and come to a decision.



July 22nd

## THE KITE RUNNER

This was a bestselling novel and one of the most acclaimed films of the year. Amir and Hassan were inseparable friends until one fateful incident tore them apart. Years later Amir will embark on a dangerous quest to right the wrongs of the past. A lot of the film is set in Pakistan with subtitles. Some of the dialogue is in English.



May 27th

## THE SHAWSHANK REDEMPTION

City banker, Andy Dufresne, (*Tim Robbins*), is convicted of two murders he didn't commit and is condemned to life imprisonment in Shawshank Prison. He

*Note from your editor: My favourite film of all time: The Shawshank Redemption*