

DORCHESTER and DISTRICT

u3a learn,
laugh,
live

SUMMER NEWSLETTER April 2021



*This is **Yarn Bombing!** This is in Jean Croot's garden. Jean decided to brighten up her neighbourhood with the skills she has developed in the Pins and Needles group. See page 27.*

Photo: Jane Huff

The University of the Third Age

www.dorchesteru3a.org.uk

Newsletter Contents

Page 2	Contact details for Committee Members
Page 3	Newsletter Contents
Page 4	Editor's Chat
Page 5	Diary Dates : First Monday Meeting (FMM) Speakers
Pages 6 & 7	Membership
Page 8	Group News
Page 9	MOTO (Members On Their Own)
Pages 10 & 11	Scottish Country Dancing
Page 12	FMM report (1)
Page 13	Philosophy Group
Pages 14	Geology Group
Page 15	Exploring Dorset
Page 16	Quiz Group
Page 17	Book Review (1)
Pages 18	Travel Tales Group
Page 19	National u3a Information
Pages 20 & 21	Creative Writing Group
Page 22	News About Members/Reflections On Life with Covid-19
Page 23	Country Walks Group
Pages 24 & 25	Book Review (2)
Page 26	National u3a Day
Page 27	Yarn Bombing
Page 28	Newsletter Delivery/Benefits Of A Nap/ Diary Dates
Page 29	Groups using Zoom
Page 30	Dorchester and District u3a Website/Spanish Conversation
Page 31	Crossways Travel/Riviera Travel/Ramblers Association
Page 32	FMM report (2)
Page 33	Situations Vacant/Art Group/Quiz Answers (no peeking!)
Page 34 & 35	Group Leaders and Group Contacts
Page 36	Photo Gallery

Next Newsletter

*We plan to produce the next Newsletter at the end of July/start of August. The deadline date for articles will be **Monday 26th July**. Group Leaders will be reminded nearer the time. Any contributions from Group Leaders or u3a members will be gratefully received. Thank you. Ed.*

Editor's Chat

Welcome to the second Newsletter of 2021. Again, due to Covid, there are no face-to-face meetings at the moment (apart from Country Walks and Art - see pages 23 and 33). There are therefore only timetables for Group Zoom meetings (on the website).

We are planning to have face-to-face Group meetings and First Monday Meetings in September - but obviously we will keep you updated in the next Newsletter (which you should receive in August) and in the monthly Members' Updates (that you should receive by email from our Membership Secretary). We are awaiting guidelines from the National u3a - as well as making sure that we are following Government Guidelines before the face-to-face meetings restart.

We are still looking for a new Chair for our Committee. We have a very experienced Committee who will give their full support to anyone who volunteers. In the meantime, the Committee will share the duties. A bit of good news is that the 50p attendance fee and the £1 First Monday Meeting fee have been waived for the rest of the year and will be reviewed again in December.

We hope that you enjoy reading this Newsletter.

*If you have any queries, comments, suggestions or articles for the next Newsletter, please email me. Please note that this Newsletter was finalised in the middle of April so the information was correct at that time. **Jane Huff, Editor***

Group Leaders

*We had a successful Group Leaders' meeting (via Zoom) in March. There were 28 Group Leaders and Committee members present. Minutes have been circulated to Group Leaders. Another meeting will take place on **Tuesday 27th July at 10.30** (on Zoom). The link for the meeting will be sent to Group Leaders nearer the time.*

Dates For Your Diary

First Monday Speakers - May to July 2021

After the success of our three Zoom First Monday Meetings in February, March and April, we have arranged three more speakers to talk to us on Zoom.

The speakers we have booked are:

Monday 3rd May - David Ramsden, MBE - Environmentalist -
“The Climate and Ecological Crisis – What’s all the fuss about?”

Monday 7th June - Jem Shackleford - Mindfulness Teacher
“Understanding Mindfulness”

Monday 5th July - Dr James Taylor – Former Curator of the National Maritime Museum Greenwich - “Brilliant British Humour in the forgotten Art of the Picture Postcard 1840- 1950”

*Please note that the First Monday Meetings on Zoom start at **10.30 am** and will last about 1 hour.*

*The Zoom “door” will open at **10.15 am** - to allow people in to the “room”. You will be asked to mute yourselves when the talk starts - but there will be time for members to ask questions at the end.*

*Look out for the Zoom invitation for these meetings in the monthly **Members’ Update** (the email sent to you from the Membership Secretary). We also try to resend the Zoom link a few days before the meeting.*

Watch this space in the next Newsletter for further details and names of speakers.

Reports on First Monday Meeting

In this Newsletter, we have two reports on the last two First Monday Meeting Zoom talks. They make interesting reading - especially for those who missed the meeting or who don’t use Zoom.

Please see pages 12 and 32 for the reports.

Membership

Membership Details

Please be reassured that your details held on our database are not shared with any outside organisations. All I ask is that you keep me up-dated with any changes, especially address, telephone number and email address. Our new Membership Form includes Terms and Conditions of Membership and a Privacy Statement.

As you know, I send out our Members' Update (formerly Chairman's Notes) once a month with up to date news after each First Monday Committee meeting. These are normally sent out by email, so please ensure that the Membership Secretary has your **current** email address as some of the emails bounce back to me. It is also useful to know if you are planning **not** to renew your membership for any reason.

Membership

If you have any queries about your membership, please do not hesitate to contact me or one of the other Committee Members.

If you stop attending a group for any reason, it is important that you let the Group Leader know as there may be other members on the waiting list wanting to attend. Likewise, do contact the Group Leader if you are interested in joining a group.

Subscriptions

The annual subscription for Dorchester and District u3a is £15.

I would like to remind you that all **subscriptions** should have been renewed on **1st April 2021**. For those that already pay by Standing Order, many grateful thanks. However, please could you check that your renewal standing order is with the correct date i.e. paying on **1st April** annually? Some member's Standing Orders are still set up for 1st January.

The payment choices for renewal are:

- 1. Cheque** - if you are paying by cheque could I remind you that a stamp would be appreciated to enable me to send out your membership card.
- 2. Standing Order** - this is set up via a form and saves the u3a time and money (as well as being an easy option for our members). Once set up, the Standing Order will continue to make an annual payment, until it is cancelled. I would be very grateful if those of you who do not currently pay this way would consider doing so.

(continued on next page)

Membership (continued)

3. BACS (Bankers Automated Clearing Services) - the monies are transferred from your bank account to Dorchester & District u3a bank account.

Our **bank account details** are: Lloyds Bank plc, Dorchester branch, sort code 30-92-69 and our account number is: 01221849

Our **preferred option is by Standing Order** as it makes our records and our accounting planning simpler. As our membership now stands at **666+** you can see how this payment method helps. Forms are available from the Membership Secretary or on the web site. Any questions please do not hesitate to ask.

Janet Kennewell (our Membership Secretary) has a **u3a post box** at the **United Church shop** (access from the Library side). The shop has obviously been closed during lockdown but from now, it will be open three days a week (Wednesday, Friday and Saturday) from 10am -12.30pm. You can use this box to send membership forms and cheques to Janet (and also collect your membership cards).

Gift Aid

For those of us that pay the equivalent amount of our subscription in tax, this is a good way of giving and supporting our u3a indirectly at **no cost** to yourselves. To register, please complete the form available from the Membership Secretary. Dorchester & District u3a manage to bring in more income this way via HMRC which keeps our costs (and therefore our Membership fees) down.

Do please consider Gift Aid if you are able to, as it helps our funds.

Membership and membership cards

Please ensure that you have renewed your membership before joining a group - including those on Zoom. When we get back to face-to-face group meetings, please have your membership card to hand. This is to avoid any awkwardness about proving that you are a current member. All Group Leaders have lists of current members - and are asked to check them. Please note that the Membership Card changes colour each year.

Janet Kennewell, Membership Secretary

Group News

One year ago most u3a Group activities came to a grinding halt. At that time we all hoped that classroom-based events would be able to resume later in the year, but it was not to be. I am indeed most grateful to our Group Leaders for keeping in touch with their members during this prolonged pause and it has been really good to see a number undertaking classes using Zoom, which most of us were not even aware of twelve months ago. In fact, attendances at some Zoom sessions have even exceeded their normal numbers.

The plan at the moment is to resume classroom-based groups in September, if restrictions permit. We are looking for volunteers to take over as Group Leaders for **Bridge, Computer Club, Italian Beginners and a second Creative Writing Group**. If you think you can offer your services, please let me know. It's probably not as daunting as you might think!

We hope to start a **Backgammon Group** in the autumn. **Latin** expects to resume at the same time but I gather the members are all fairly competent, so it is not suitable for beginners. The **Russian Group** barely got started before lockdown and will start from the very beginning when they resume. **Trips and Outings** at the moment need to be booked directly with Crossways Travel (see page 31). Spanish Improvers is now called **Spanish Conversation** (see page 30) and they are also looking for someone to lead them.

Welsh for Beginners has been put on hold for the time being. Also, it is hoped that some of the members from the former **German Intermediate** Group can transfer to the **German Beginners** or **German Conversation** classes, depending on ability.

Hopefully we may be able to resume **Theatre Visits** later in the year. I am wondering whether initially, we might travel by rail in a smaller group, to test what level of demand there will be.

A special thanks to all our Group Leaders and just a reminder to renew your subscription at the beginning of April, as that also covers us for Public Liability Insurance. Here's hoping for better times ahead.

Peter Scaife, Group Co-ordinator

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MEMORIAL MASONRY

MOTO (Members On Their Own)

This long period of lockdown has been difficult for everyone but for those of us on our own, it has meant lack of face-to-face contact with others and loneliness.

From March 29th we were able to meet in groups of up to 6 so this was a chance to get out and be with people again. We are arranging group chats over coffee, socially distanced, in places like the Borough Gardens and the Buttermarket in Poundbury or in members' own gardens. We are also planning short walks and visits to places such as Thorncombe Woods and Minterne Gardens.

More events are coming up. If you are on your own and want to meet others and do things together, then this may be the group for you. Please contact me if you would like to join or want news of what the next activities are.

With warmer weather coming, we have reason to feel more cheerful!

Mary Cantrille, Group Leader

Scottish Country Dancing

It is now over a year since we had the first and only meeting of the Scottish Country Dancing Group, Tuesday 20th March 2020. The twelve participants got off to a flying start. Being very sensible about our health and well-being we began with a gentle warm up, walking round the room to the music of the Craigellachie Band. We made eye contact with our new dancing friends, turning by the right and the left hand, then walking on to greet someone new.

We started with walking “The Circassian Big Circle”, did some gentle joint loosening exercises then did “Welcome to The Dance” concentrating on hands, eyes and faces. We worried about our feet later, after a sit down, a chat, a cup of tea and a biscuit.

Next, we tried a bit of step practice, then exercised our new-found skills in dancing “Dunnet Head”, “Leap Year Jig” and “The Ferry Boat” which ended in a bit of confusion about “where is my next partner?” We finished with a gentle cool down to some hauntingly beautiful violin music by Neil Gow.

Then, after such an enthusiastic and successful start, Covid-19 struck and there was no more dancing.

It will be some time before we can start dancing together again because of the very nature of Scottish Country Dancing. Lots of movement, lots of hand (and eye) contact, and a different partner for every dance – we are a very sociable lot.

The Royal Scottish Country Dancing Society have sent out weekly newsletters with masses of information and “sit-down” activities. Also, there is a link to a half-hour weekly Zoom Webinar class with a mystery teacher from anywhere in the world. However, it is just not the same trying to dance in the kitchen on your own or trying to learn a four couple dance with only a ghost partner and no one else around.

Being positive, we will start dancing together again soon. Looking to the future, to ease us all gently back into dancing fitness, here (see page 11) is a little dance to practise at home. It was devised by a fellow dancer, Steven Krause. It can be danced alone or with anyone in your “bubble” who wishes to join in.

Irene Robinson, Group Leader

The Pandemic Reel - By Steven Krause

A 32-bar reel for any number of dancers in their own living rooms!

1-8 Dancers cast off behind own couch, dance around the end and back to place.

9-16 Do-Si-Do around coffee table, then slip step away from the coffee table and back.

17-24 Dance down the hallway, into the kitchen, grab a beverage* and dance back to place.

25-32 Set, while placing the beverage on the coffee table, turn on the spot twice (using Pas de Basque), then retire to the couch, sit, and enjoy.

Repeat from new position when you have finished your beverage of choice!

***Wine, beer, whisky, or other beverage of choice**

For music to dance to, there is a vast array of good Scottish Country Dance music on "Tunes in the Hoose" (just Google it).

I hope that you and your family enjoy trying this.

Looking forward to meeting up with everyone to start dancing again.

Stay safe, stay well and keep fit. **Irene Robinson, Group Leader**



This is a photo of Irene's t-shirt!

Photo:

Irene Robinson

I asked Irene for a photo of the group dancing. However, the group were having such a fun time that they didn't have time to take a photo! Ed.

First Monday Meeting reports

1. What happens to History when our leaders are mad or ill?

by Dr Roderic Ashton on 1st March 2021

Through the wonders of Zoom, more than seventy u3a members attended Dr Roderic Ashton's First Monday talk.

In a wide-ranging and absorbing presentation, Dr Ashton explained how the underlying health of some very famous individuals affected the course of history. In some cases, he argued, the impact was obviously negative. For example, a serious head injury, sustained in a jousting accident, changed the personality of Henry VIII and turned him into a tyrant. For others, the effects of their health conditions were more nuanced. Citing Sir Winston Churchill and Florence Nightingale, who



Florence Nightingale
Photo from Public Domain

both endured bi-polar disorder, Dr Ashton explained how the “highs” of their condition provided the drive and energy for their achievements. Even the physical manifestation of a medical condition could have a huge impact. In the 1960 race for the Presidency, we learned how the tanned and youthful looks of John F Kennedy, were exploited to his advantage by the Democrats, and were linked to Addison's disease, one of a number of medical complications that Kennedy endured. To conclude, Dr Ashton considered the relationship between contemporary politics and politicians with a narcissistic personality disorder. With reference to the Trump presidency in particular, we were left to

ponder the extent to which effective leadership is helped, or hindered, by this condition.

Dr Ashton's talk provoked discussion and a range of questions - a most enjoyable start to the week.

Nigel Watt, u3a member

Philosophy

The Philosophy Group did not meet last year. We didn't have the numbers for Zoom meetings, but we have shared email correspondence on topics that interested some members.

However, don't go away – we intend to restart in September (first Tuesday of the month).

In the meantime we are encouraging members to put some thoughts together about a philosophical question, or to propose a philosophical question for us to address. We are thinking of 'philosophy' in the wider sense, not limiting it to the academic canon taught in English-speaking universities. So there's a lot up for grabs, and we are trying to foster an atmosphere where people's views are listened to with respect.

We have talks coming up on:

The origins of religion – why is religion such a universal human phenomenon?

Altruism – why do people (and other animals) act in ways which seem contrary to their self-interest?

Virtue ethics – what sort of person should we be, and how can that lead to morality and ideas of what we 'ought' to do?

Free will – we know we make choices, but to what extent are we 'free' in doing this?

Marxist philosophy – this talk is about the philosopher whose ideas have arguably changed the world more than any other.

Our philosophy expert Colin will continue giving his enlightening talks (more details later).

There's a lot to look forward to. Please keep in touch with your thoughts and questions.

David Rhodes, Group Co-Leader

Geology

One of the pleasures of Geology is getting out in the field to study the rocks and landscape. With two summers under restrictions, I've missed that and we've made do with 'virtual field trips'.

Over the last 3 years the group has been on a journey through time, looking at how the planet and its lifeforms have evolved. We have now arrived at the geologically recent, when our hominin ancestors appeared. Our species, *Homo sapiens*, probably reached these shores around 44,000 years ago but was pushed further south during the last glacial maximum.

Recently, I've given talks on how ice affected the British landscape and how Dorset, south of the ice-field, was affected by what we call periglaciation. Rising and falling sea levels are recorded by two raised beaches on Portland and the river terraces of the Frome, Stour and Avon valleys. The sands and gravels of these terraces underlie much of Bournemouth and Poole, and form the basis of extractive industries around Moreton. The extensive dry valley systems of the Chalk downs also date from this time.

In future sessions we aim to look at the effects of the last glacial melt-out when rising sea-levels formed such 'gems of the Dorset coast' as Poole Harbour, Chesil Beach and Lulworth Cove. The impressive landslips of west Dorset date from this time too, and are still active today.

When we're finally allowed to meet up in person again at least we'll have done the theory and will be prepared for seeing the landscape 'en plein air' and handling real specimens of rocks and fossils. In the meantime, we're left to contemplate this quote from Forrest Gump: "Sometimes, I guess there just aren't enough rocks." The group is continuing to meet on Zoom every month.

Kelvin Huff, Group Leader



The western raised beach on Portland
Photo: Kelvin Huff

Exploring Dorset

With the u3a and all being 'locked down', I've had a lot more spare time recently and have started a project to explore the whole of Dorset, parish by parish, in alphabetical order. I'm Dorset born and bred but there are many parts of our lovely county that I've never visited or only driven through. I'm including the parishes such as Chardstock and Dalwood that have been stolen by Devon as well as others such as Burton, Holwell and Trent that we have gained. Doing them in this order means that I won't miss any and I get a nice variety of scenery.

As there are about 270 parishes and I don't do it every day, it's going to take a year or two. I started in Abbotsbury last June and the next on my list is Kington Magna, number 121.

In preparation, I visit the Dorset Explorer website and, from it, print off a map of the parish with its boundary and all the rights of way and access land shown. This keeps me on track and, when I get home, I mark where I've walked and, on the reverse, write a description of the route. I also visit the geocaching website in case there are any nearby. Usually, I park near the parish church, which I visit if open, and make a circuit from there, but not every parish has a church, e.g. Kingston



Bradford Peverell Parish Church
Photo: Kelvin Huff

Russell. I'm enjoying this so much that, when I've explored Yetminster, I intend to start again and visit the parts of the parishes that I missed the first time. Maybe the pubs will be open then too!

Due to the dampanic, I've been doing it on my own but would be happy for company when allowed. I don't know whether a formal u3a group would be appropriate.

However, others might think differently! Otherwise make your own list and start exploring. I thoroughly recommend it.

Chris Slade, u3a member

Quiz

The Quiz group will continue to have monthly 'on-line' quizzes until we are able to meet again as a group. If anyone currently not in the group would like to receive these quizzes by email, please contact me with their details. The Quiz for this Newsletter is on:

Science and Nature

- Q1. What is the biggest planet in our solar system?
Q2. Sometimes called a Den, what other name(s) is/are given to an otter's home?
Q3. What is the longest bone in the human body?
Q4. LEDs are used as indicator lamps in many devices. What does LED stand for?
Q5. What is a Turkish Van?
Q6. The Pacific Ocean is the world's largest. Roughly what % of the Earth's surface does it cover? Is it (a) 20, (b) 25, (c) 30, or (d) 35?
Q7. Why was chemist Helen Sharman in the news in May 1991?
Q8. Aspirin was originally derived from the bark of a tree – which tree?
Q9. What is the collective name for a group of crows?
Q10. Which German dog was originally bred for hunting out Badgers?

Ray Dickerson, Group Leader

[Answers on page 33]

In the last Newsletter, Ray set a quiz on Film Trivia. I am sorry but I (the Editor) made a mistake with one of the answers!

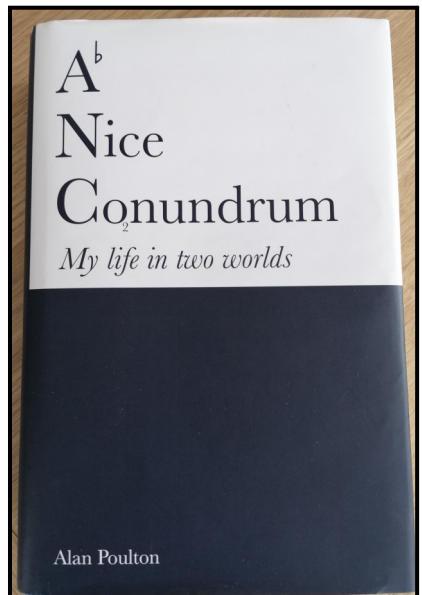
Question 7 was "What is the name of Holly Golightly's cat in 'Breakfast at Tiffanys'?"

The answer was of course "Cat".

*Unfortunately, I cut off the 't' - so it said **Ca**!! Oops! Ed.*

A^b Nice Conundrum:

My life in two worlds" by Alan Poulton
(Book review on opposite page).



Book Review (1) :

“A^b Nice Conundrum: my life in two worlds” by Alan Poulton

Alan Poulton began piano lessons at the age of six and his ability came to be recognized by his school, the John Lyon School, Harrow. In his third year, he shared responsibility for playing the piano at daily assembly. After leaving school, although inclined to pursue music, his father found him a position with the Firestone Tyre Company.

Nonetheless, Alan continued with his piano studies and played for youth club events, competing at music festivals and as a rehearsal pianist at orchestral courses and summer schools. He was then to join the British Oxygen Company where he stayed for more than thirty years, rising through the company to attain senior positions in marketing and management.

After several company moves he was appointed to a position in Belfast where, in his spare time, he began composing music including a *Little Suite* for piano. A concerto for piano and orchestra followed, in which he was the soloist at its premiere. In 1973 he started a second-hand record business, which, in turn, led to his publishing in 1980 a catalogue of the recorded works of the English composer, Sir William Walton. This was followed by recorded music catalogues of other British composers.

Work on the recorded music of the composer Sir Malcolm Arnold led to a lasting friendship and at one point, Alan became Arnold's business manager. As with Alan's work on other composers' music, wider interest and appreciation was stimulated.

Entertaining has always been a driving force for him. Throughout his working life he was involved with amateur dramatic and operatic groups and societies, writing music for shows and giving illustrated, light-hearted, talks.

This self-published memoir is rather long at 554 pages. Some editing, particularly of his childhood, family holidays and school life, would make it more digestible. However, it is entertaining in a jocular, *Carry On* film style, and well-illustrated with groups of black and white photographs.

Richard Searle, Group Leader for Music Appreciation

I am very grateful to Richard for this contribution. Alan Poulton is a former u3a member.

Travel Tales

Travel Tales is a thriving group where members are invited to share their travel memories with others.

We have been meeting on Zoom during lockdown - at 3 pm on the fourth Monday of each month. These sessions have lasted up to an hour.

Recent talks have included one by Chris Knight, who gave us a fascinating insight into Bhutan with photos and videos. In the following talk, Jane Huff shared wonderful photos and videos on Iceland. These were connected to school trips she led there.

This will be followed by a talk on Cuba by Blue Badge Tour Guide Joy Wallis, on Monday April 26th.

Future speakers will be sharing their memories of Yellowstone Park, Rome, Nigeria, Gallipoli and walking and cruising in The Caribbean.

In addition, some of our previous speakers have been "persuaded" to repeat their earlier and memorable talks.

We are always seeking new speakers - help is always on hand to assist with photos etc - so please do contact me should you (or someone outside of the u3a) be willing to give an (unpaid) talk.

Talks do not have to be "all-singing and all-dancing" so please do not see potential technological problems as a hindrance to you volunteering!!

The Dorchester u3a Travel Tales webpage will be kept updated when we have confirmation of definite dates after April.

Jackie Cape, Group Leader



Gullfoss Waterfall, Iceland.

Photo: Jane Huff

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National u3a Information

As part of your u3a Membership, members receive the national magazine Third Age Matters (TAM) automatically. It is mailed five times a year - in January, April, June, September and November. If you do **not** wish to receive this publication, please notify the Membership Secretary, (details on page 2 of this Newsletter). Likewise, if you don't receive these please notify me as soon as possible. Please bear with us if you have indicated that you do not wish to receive the magazines as it does take a little time for the information to filter through!

Details of national u3a activities and much useful information is available at: www.u3a.org.uk You can also subscribe to the u3a National Newsletter.

Janet Kennewell, Membership Secretary

The **Creative Writing** Group has been doing well in the last year.
Here is a short piece from one member, Pamela Lambie:

A Little Help

Sitting in the office at my desk, musing on how to create a little extra income, I noticed an advertisement in an old newspaper that was partly covered by my pending tray. Since my divorce, I was finding that there was not a lot of money available, for outings or holidays that I had so enjoyed. I pulled out the newspaper and read that a job as a Carer could bring in extra money and the hours could be worked in around my present job. All that was required was a pleasing personality, an ability to get along with people at all levels and a police clearance certificate. I telephoned and made an appointment right away and a week later was congratulating myself on obtaining a part-time job, working two one-hour shifts on a Saturday.

My first assignment was to visit the home of a Mrs Brown at Green Park Terrace, near the centre of town on the first Saturday of the month. That was quite convenient for me as it was within walking distance of where I was living. On Saturday morning at ten o'clock I found myself on the doorstep ringing the doorbell, feeling just a little bit nervous. The door was opened by a small lady with a sweet smiling face. I introduced myself and said I was from the agency and had come to help her have a bath.

She welcomed me in and said that the bathroom was upstairs. I hung my coat on the rack in the hallway and followed the lady up the stairs and into a small bathroom, where I turned on the taps and ran a bath that, as instructed by the agency, was not too hot and not too cold! When she was undressed I helped her into the bath and realised that it was quite a difficult thing to do as you get a little older and possibly quite a dangerous activity to attempt when you are alone! At least she managed to wash herself and when she had finished I helped her out and she got dressed whilst I emptied and cleaned the bath.

I went downstairs and found the kitchen at the back of the house and put the kettle on, congratulating myself that this first assignment had gone very well. I asked the lady, who had followed me down, how she liked her tea and poured her a cup.

"Right Mrs Brown", I said producing my agency instruction sheet, "could you please just sign here?"

"Oh" she said "I'm not Mrs Brown, she lives next door!!"

Written by Pamela Lambie, member of the Creative Writing Group

Marion Cooper is another member of the **Creative Writing Group**. She has written a book:

Jasper's Clever Plan

After four years of writing and editing my early reader 'Jasper's Clever Plan,' (ages 5 - 8) it was published by Fuzzypigbooks.co.uk (priced £9.99) a small independent Publishing Company based in Dorchester.

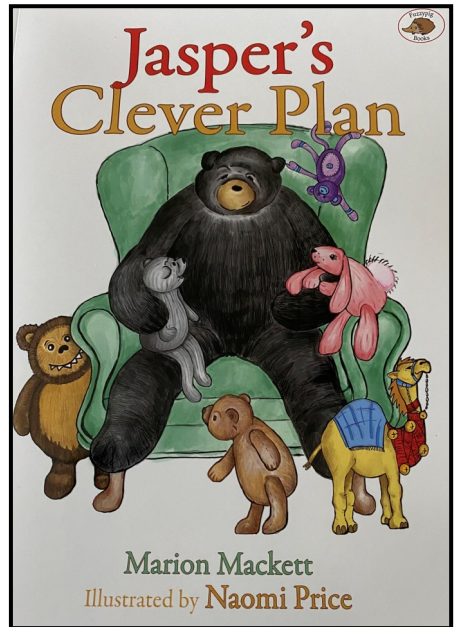
This was my first venture into the literary world as a writer and it has been an interesting and informative period of my life, all coming about because my four grandchildren asked me to write a story about their individual precious toys.

I am grateful of the support I have had from the members of the Creative Writing Group. I have enjoyed their stories and poems, picked up tips and ideas and have been allowed to write as and when I felt like it all under the leadership of Gill Michell.

I choose to write under the pseudonym of Marion Mackett. Covid restrictions have meant that promotion of the book has been delayed until the shops are open and we are able to mingle more freely

than at present. Nevertheless, if you fancy purchasing a copy please get in touch with me on my email (marionpcooper@aol.com) and I will be pleased to get a copy to you. It is a story than can be read by children or by adults to the children. The chapters can be read independently and focus on adventures the toys have experienced such as loss, moving house, bullying etc. A recent review in the Poundbury Magazine said, "the appealing colour illustrations and gentle style makes this a valuable addition to any child's bookcase or school library."

Marion Cooper, member of the Creative Writing Group



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Country Walks

Finally, we're up and running again; well, walking anyway!

The Country Walks Groups are re-starting in April, commencing with the "C" Group (meet 2nd Thursday each month), on 8th April for a circuit from Martinstown taking in Maiden Castle and Goldsmith's Plantation.

In a break from the norm, on 20th April the "A" Group (meet 3rd Tuesday each month) under Kelvin Huff's guest leadership will undertake a different walk from the "C" Group, utilising the Coast Path between Burton Bradstock and West Bay.

The "B" Group (meet last Friday each month) will meet on 30th April for a route encompassing (a good word for a walking group context!) Puddletown, Hardy's Cottage, Thorncombe Woods and Ilsington. Further details can always be found on our website.

Let's hope for no further interruptions.

Nick Priddle, Group Leader

HK



Trust is the most important aspect when it comes to legal matters

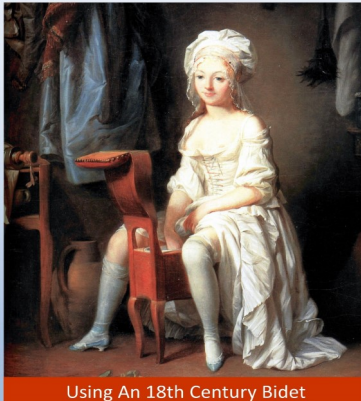
We believe it's essential that we get to know you and understand your circumstances in order to best review your legal issues.

- Lasting Powers of Attorney
- Wills
- Deputyships
- Court of Protection
- Trusts
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Poo, Pee & Paper



Using An 18th Century Bidet

Humanity's Relationship With Bodily Waste

Geoffrey Kirby

This is the front cover of Geoff's book - see page 25 opposite.

Geoff Kirby (our former Web Master) is another member of our u3a who has written a book:

Poo, Pee & Paper: Humanity's Relationship With Bodily Waste

At the age of 75 Geoff Kirby started writing and self-publishing books as a retirement hobby. His books include using his scientific and practical experience to help ladies buy healthy and comfortable bras, whilst examining the evidence that bras may increase the risk of breast cancer. He has also self-published an autobiographical description of his horrific experiences during World War 2 in London and his later incarceration in an abusive boarding school.

Additionally, he has written two astronomy books, a book about flooding risks in Weymouth and a book on golf. He has also published, for free, a friend's autobiography. See www.geoffkirby.co.uk/AllBooks to browse his collection of books.

He has just published his latest book – see www.geoffkirby.co.uk/Books. This is a 200+ page, light-hearted and generously illustrated romp through 5,000 years of toilet and sewerage disposal history. It has received excellent reviews such as this from the Midwest Book Review, Oregon, USA *“An inherently fascinating and impressively informative history of how humans have handled (socially, culturally and physically) the elimination of their bodily wastes, "Poo, Pee and Paper: Humanity's Relationship With Bodily Waste" is an original, deftly written, inherently engaging, and unreservedly recommended addition to personal, professional, community, college, and university library collections.”*

He is now writing a book, based on his successful experiences, which will guide authors through the process of writing and self-publishing their books free of charge using Amazon's KDP facilities.

Geoff Kirby, u3a member



u3aday

National u3a Day: Wednesday 2nd June 2021

Promoting life in the Third Age

For the first time, there is to be a National u3a Day: Wednesday 2nd June 2021.

u3as all around the UK will be taking part. The aim is to promote the positives of living life in the third age, counteracting ageism, and telling our local community what the u3a does and what it means to be a member of an organisation that “learns, laughs, and lives”.

We will be running a publicity stall between 10 a.m. and 1 p.m. in the area by the War Memorial (at the bottom of South Street). We would welcome helpers who are happy to walk the streets handing out leaflets or simply stand by the stall and answer questions.

Come and see us at the stall and maybe bring a friend who is thinking of joining us. Anyone interested will be able to join our u3a on the day if they wish.

Anyone interested in volunteering for this event, please contact Chris Knight (email ck@dorchesteru3a.org.uk or ring 01305 814318).

If it rains or is windy, there will be an alternative base in that vicinity and we will be organising ourselves to keep Covid-safe with social distancing, etc. **Come and help us celebrate all things u3a!**

Chris Knight, Committee Member

Yarn Bombing

What does a member of the u3a **Pins and Needles** group do when we were told "Stay at Home" and to avoid contact with friends and family? We pick up our needles and get creative! Having already covered a bicycle with knitting which was decorating my front garden, developing this was the obvious solution to both keeping me busy and out of mischief, and amusing my neighbours.

Our neighbourhood were putting rainbows in front windows whilst I covered my front drainpipes with rainbow-coloured knitting. A flock of six bluetits and other birds were soon knitted and enjoying life in my garden trees. Neighbours walking past began stopping to look at my knitted decorations, and it was heart-warming to see their smiles.

Maybe I could help lift the gloom we were all feeling?

Dorchester u3a members are good at recycling, and my next projects were to cover a rusty watering can with knitting, and also an old, rusty wheelbarrow.



To thank our Posties, some local boys helped me install a hat on our Post Box, along with little hats on the road signs, a pair with NHS on them.

It's lovely to see people enjoying my knitted garden decorations and **smiling**, during these tough times!

Jean Croot, u3a member

Newsletter Delivery

Whenever possible, our members deliver your newsletter by hand. We are very grateful for this - as it keeps our postage costs down (and therefore our Membership Subscription down). Anyone wishing to help would be more than welcome. If you are interested, please contact the Membership Secretary to check whether someone delivers in your area. At present we have 39 delivery areas! Many hands make light work! Thank you.

Janet Kennewell, Membership Secretary

The Beneficial Effects of a Nap

Napping in the afternoon – even for as little as 5 minutes - may boost mental agility and improve memory, a study in the British Medical Journal has found. The research, by a team in China, found that people who regularly had a rest after lunch (defined as sleeping for a minimum of 5 minutes and a maximum of 2 hours) tended to have better verbal fluency than those that did not. They also had better working memories, and better location awareness. The study was based on 2,214 people aged over 60, who lived in various Chinese cities. Around 1,500 of them regularly napped; the rest did not. In both groups, they slept on average for 6.5 hours per night. But, the ones in the napping group performed “significantly better” in cognitive assessments, say the study’s authors.

From The Week (February 2021)

Contributed by Margaret Pearce, u3a member

Dates for your diary

Wednesday 2nd June - u3a Day 10 am to 1 pm at the War Memorial, South Street, Dorchester

Tuesday 7th December - Christmas Lunch 12 for 12.30 pm at The New Inn, West Knighton. More details will be available in September.



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Groups Using Zoom

There are currently 13 Groups who are using Zoom for their group meetings - see list below. This list is constantly expanding. For up-to-date information and times/dates, please look at the timetable on the Website. If your group is using Zoom and it isn't listed here- then please let George Pearce know. (George is a member of the Web Team—but his details can be found under Chess on page 34). Many other groups are also active - using emails or phone calls.

Booktalk	Italian Level 3
French Conversation	Italian Post-Beginners
Geology	Spanish Conversation
German for Beginners	Topical Issues
German Conversation	Travel Tales
History	Wine Appreciation
Italian Improvers	

Dorchester & District u3a Web Site **(www.dorchesteru3a.org.uk)**

As we said in the last Newsletter, The Web Team have been (and still are) improving and updating our website - to make it more user-friendly and better looking. The website is proving very popular - with a big increase in views. Take a look!

You will notice that some colours and the logo have changed, some layouts are different but the main areas will stay the same.

The Web Team would like to know what you think of any changes that have been made.

The Committee have decided that a redacted copy of the previous Newsletter will be on the Website (once the latest one has gone out to members).

Les Mould, Secretary

Spanish Conversation

Our Spanish Improvers group is now called **Spanish Conversation**. We have decided to change the name of the group - to more accurately represent what we do. We have all been learning Spanish for at least 7 years (so this group is not suitable for beginners).

We currently meet every two weeks on Zoom (on a Wednesday Morning at 11 am) and chat about a topic that interests us. This topic is usually decided at the end of the last session (so we have time to think about what we want to say).

So far, we have discussed topics such as TV programmes/films we have watched, books we have read, where we would rather be (!) and DNA/ Family History.

If you would like to join the group, please contact me. I have been holding the fort as the Group Contact after our Group Leader stepped down in July 2019. However, we would appreciate a Spanish expert to correct our Spanish when necessary and add some input to the meetings. If you can help us with this or know someone who could help (even if it wasn't for every session), then please get in touch with me.

Thanks in advance.

Jane Huff, Group Contact

Crossways Travel

Crossways Travel have now sent out their day-trip leaflet and if you are on their mailing list you should have received one by now. If you have not received one and would like to have one, please telephone them on **01305 851697** to request one.

There are some lovely trips planned and I am sure we are all in desperate need for a good day out.

Crossways Travel have agreed that any of the day-trips listed will have a **10%** discount for any u3a member – just choose the trips you would like to take, phone them direct, quote your u3a number and the discount will automatically be taken.

Crossways are fully Covid secure and all the rules are followed. They would be happy to send you their Covid regulations which are the instructions from the government. Should plans change (yet again!) full refunds are guaranteed.

The **Crossways Holidays** brochure is also now available. U3a members are entitled to a **£15** discount off any holiday – just follow the above instructions.

Please support this lovely local company who have been great friends to our u3a for many years but who are having to work very hard to survive in these difficult times.

Holiday Bookings with Riviera Travel and Ramblers

If using Riviera Travel for your next holiday, please mention your Dorchester and District u3a membership at the time of booking in order for our u3a to receive 10% of the final cost of your trip. Bookings need to be made directly with Riviera Travel and not via a third party. In addition to Riviera Travel, Dorchester and District u3a can now receive commission from Ramblers Walking Holidays for anyone booking a Ramblers Holiday. This is £10 per person for UK holidays, £20 for short-haul holidays and £30 for long-haul bookings. Again, please mention your u3a when making the initial booking. Thank you. Holidaying with **Riviera Travel** and **Ramblers** helps your u3a!

First Monday Meeting reports

2. The Heritage of Gilbert and Sullivan by Bernard Lockett on 5th April

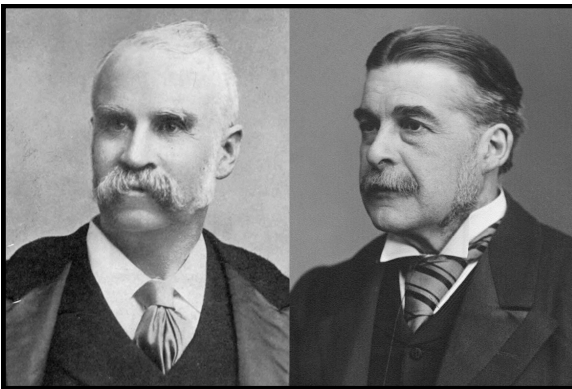
As British as fish and chips and cream teas, most people are familiar with the names of the two Victorian theatrical geniuses who created a legacy of musical magic that still thrives today.

Bernard Lockett's fascinating study into the lives of William Gilbert and Arthur Sullivan gave a rich insight into their lives and careers before and after they formed a unique partnership that created their much-loved theatrical productions.

It comes as no surprise to learn that their comic operettas are second only in popularity to the plays of Shakespeare, performed worldwide and universally admired today more than 100 years after they were first staged.

In Bernard Lockett's lively account, the men were brought to life as he related how in 1875 they were invited by Richard D'Oyly Carte to write a modest musical production as he needed a show for his struggling Soho theatre, a decision nobody ever regretted.

The lively musical scores, together with the witty librettos of productions like *The Mikado*, *HMS Pinafore* and *Yeoman of the Guard* later became inspirations for legendary talents such as Cole Porter and Jerome Kern. In addition, Gilbert's satirical storylines about corrupt politicians and caustic characters can still be recognised today.



Gilbert and Sullivan - Image in public domain

Bernard Lockett delivered a thoroughly enjoyable insight into this mutually trusting two man working team who gave the world some of the best loved musical works ever written, a perfect gift for Easter.

Marion Cox, u3a member

Situations Vacant

We are looking for the following:

- A **Chair** (the Committee are currently sharing the role)
- Member of the **Web Team**

Group Leaders for:

- **Bridge**
- **Computer Club**
- **Italian Beginners**
- **a second Creative Writing Group**
- **Spanish Conversation**

Answers to Science and Nature Quiz (from page 16)

1. Jupiter
2. Holt (or couch)
3. Femur (thigh)
4. Light-emitting diode
5. A cat (from the Lake Van area)
6. (c) 30%
7. She was the first Briton in space
8. Willow
9. A Murder
10. Dachshund

Ray Dickerson, Quiz Group Leader

Art

Given the Covid lockdown restrictions are slowly being lifted, the Art Group are planning to meet outdoors in the Borough Gardens and other suitable locations twice a month throughout the summer. We are also hoping to return to the Brownsword Hall from mid-May to re-establish our indoor sessions. Our first 'en plein air' session will be on April 1st and the weather is looking just perfect!

Our annual exhibition, which usually takes place in August, is still in the planning stages!

Tony Prior, Group Contact

ANNUAL GENERAL MEETINGS

The National u3a AGM will be on Thursday 26th August 2021

The Dorchester & District u3a AGM will be on Monday 6th Sept 2021

Further details of both will be available on the D&D u3a website and in the Members' Update, nearer the time.



Female ↑ and male ↓
Blackcaps
Photos: Nick Priddle



Librarians at Rowan University (USA) have sorted these books well! Read the titles (from top left) it's brilliant! **Jeane Holmes** sent me this.



Eggardon Hill from Powerstock Castle
Photo: Nick Priddle (Country Walks GL)



Brenda Brewer (Portrait theme for Digital Photography Group) Photo: Bob Brewer



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