



Swanland u3a Newsletter

Registered Charity No: 1078104

Learn, Laugh, Live.

No: 84. September 2024



Summer finally seems to be on its way and as I write this in late June the sun is shining which is certainly much cheerier than most of this year's weather in spring. In spite of all the rain and gloom however, it's been great to see so many people turn out for our Thursday afternoon talks.

We've covered an amazingly wide range of subjects from the prospect (or not!) of humans living on Mars, to experiences of working in the world of music and entertainment, to life on board Humber Pilot and Hornsea Inshore Rescue ships. All of them have been much appreciated by members and if you haven't yet got into the habit of coming to St Barnabas on the first and third Thursday afternoons in the month I do urge you to do so and you could be very pleasantly surprised. Not long after I joined Swanland u3a one of our walking group members told me that he never looked up the subject of the talk: he just turned up and invariably was either educated or entertained, or both! An excellent recommendation!

Sincere thanks must go to all who contribute to the talks, from putting out the chairs (and putting them away again), making the refreshments (and clearing up), organising and operating our much-improved sound system, putting together the PowerPoint presentation and organising the IT, checking in members and guests, meeting and greeting and, above all, finding and booking speakers. That's quite a number of people doing their bit and I've been delighted to see extra volunteers coming forward to help in so many of those areas. It lightens the load for everyone and joining in is a wonderful way to get to know more u3a fellow members, especially if you are quite new.

By the time you read this Swanland u3a will also have had recruitment stalls at both North Ferriby and Swanland Open Gardens Events where leaflets were handed out, but above all, where we spoke to people. Without a steady stream of new members we can easily get set in our ways and it's vital that we have new blood and new ideas constantly challenging and enthusing us. We haven't only targeted people of a certain age group, but also people who might have friends, neighbours and relatives who are leaving the world of full time work. They could find us beneficial to their lives and just as importantly we could find them beneficial to us.

We can all do some very positive recruitment just by chatting about what we're involved in. We can invite guests to try out activities. We can pass on our newsletters to neighbours and to people we see in our other areas of interest and activity. We can all do our bit. Our membership numbers fell during the pandemic. We are going up again but a bit of a push from all of us would be a great help.

Whatever you have done over the summer I hope it's been very enjoyable and I look forward to seeing you (and the new members you have recruited) at the start of September.

Best wishes.
Alison

Did You Know?

Septem is Latin for SEVEN yet September is the NINTH month!
Octo = 8, Novem = 9 & Decem = 10.

Originally March was the first month of the year making September the 7th month. In 1752 Britain introduced the Gregorian calendar in which the New Year started in January.



THURSDAY PRESENTATIONS

Date	Subject	Speaker
5 th September	Bread	John Wilson
19 th September	Uncomplicating Mental Health: Insights from Socrates, Our Ape Ancestors, and Recovering Addicts	Dr Richard Hodgkinson
3 rd October	Hearing Dogs for the Deaf	Jan & Graham Shally
17 th October	Music for Violin & Piano	Nigel Willoughby & Julian Savory
7 th November	Mary's Meals	Fran Lawson
21 st November	The Rise and Fall of Social Housing	Paul Chambers
5 th December	What Inspires Art	Kevin Byron
19 th December	Christmas Carol Concert	
2 nd January 2025	Eggs, Embryos and Origami – The journey we all undertake pre-birth	Kevin Sherman
16 th January	TBC	
St Barnabas Church, Main Street, Swanland 2pm to 3pm followed by tea, coffee, biscuits and a general chat.		

NEWS FROM THE GROUPS

The Outdoor Sketching Group



The summer Outdoor Sketching group was started by Richard Pearson 7 years ago. We rarely travel more than 10 miles and have visited Cave Castle, Brough Haven, Beverley & various village churches. This year's programme includes Pearson Park, Swanland, Risby and Mr Chu's.

We tend 'to do our own thing' & meet-up after 1 1/2 hours or so for a chat and maybe a cup of tea. If rain is forecast, either Prue or Myrtle will email the group to cancel.

Theatregoers' Group

Jackie and I have decided to step back from running the theatregoers' group after the event in October. Attendance at events has dropped from an average of 27 to just 9. We have been aware for some time that the administration of the group needed updating and feel this could be better achieved by someone else.

I started this group in 2005 and have been the convener since then with the invaluable help of John [redacted] and when he stepped down, Jackie [redacted] I would like to take this opportunity to thank them for all their hard work over the years.

Fortunately for us, Terry [redacted] has kindly offered to take over the administration for which we are grateful. Further details later.

If you would like to continue to be a member of, or join, the theatregoers the list will be email only so please send your details to

Terry at: [redacted]

Creative Writing Group

We are a small friendly group and meet on the third Wednesday of each month at various houses of the members. You do not need to be an experienced writer to join the group. Our members range from those with no previous experience in creative writing to some with published work. You are welcome to come along and sit in meetings to see if it suits your needs or you have the confidence to start writing. Members, who came along with no writing experience, enjoyed being part of the group and developed their writing skills tremendously.

The Science & Technology Group Visit to Bright Blue Foods, Hull.



The Science & Technology Group had a visit to Bright Blue Foods on Wednesday 15th May. They develop and manufacture an extensive range of high-quality cake products some of which are sold under well-known brands, and they also supply several supermarkets.

After going through security, we were welcomed by Gavin [redacted] our guide. We were taken to a room for tea/coffee and a short talk. We were then asked to remove all jewellery and leave bags behind. We were provided with white coats, white shoes and a hair net. The men formed one group and the women split into two groups with our guides. Before entering the factory floor, we were all asked to wash our hands.

We were amazed to see so many workers on the huge conveyor belts, and how much work is done by hand. Apparently nearly 1000 people work at this factory. We were given lots of information, encouraged to ask questions and even invited to have a go at the cake decoration.

On completion of the factory floor, we went back to our belongings where we had more tea/ coffee and this time a piece of cake. We could choose a

cake of our choice to take home, free of charge, which was very nice. We were also allowed to buy from the factory shop.

Pamela

Yorkshire and Humber Region u3a Raising the Profile of your u3a

Friday, June 21st 2024 was the u3a Yorkshire and Humber Region AGM, followed by a Regional Workshop "Raising the Profile of your u3a" attended by 31 members from 15 u3as around the region. Chair, Alison Peck and Secretary, Hazel Ward represented Swanland u3a.

The purpose of the workshop was to react to the Third Age Trust AGM 2023 "Resolution 500k" aiming to increase the number of u3a members nationally to five hundred thousand. Brian Cave, YAHR Treasurer and member of Sheffield u3a which has over 3,000 members, talked of the ways his u3a manages to cope with increased numbers. In the afternoon there was an opportunity to share ideas about what is happening in the Region relating to "Recruitment and Retention".

Margaret Fiddes, Regional Trustee, explained that it had been agreed at a board meeting of the Third Age Trust that a resolution would be submitted at this year's AGM on Wednesday, October 16th to allow for the formation of a new Council which would represent regions directly. It would also propose the formation of a new Board, consisting of a smaller number of people, nationally recruited, with specific skills to take the u3a forward.

Members can find a great deal more detail on the national Third Age Trust website (<https://www.u3a.org.uk>), especially if they register and log into the members' area. Do please read it and pass on your thoughts and responses to the committee. We will have one vote to reflect the views of Swanland u3a.

Hazel

Personal fraud and how to prevent it.

I am PC Batch the local Neighbourhood Police Officer covering the Dale and Hunsley Wards which Swanland is part of. I have been asked to write a short piece in relation to personal fraud and how to guard against it.

Fraud amounts to 40% of all crime in our area, but as low as one in seven cases are actually reported to the Police so the actual figures are much higher. Fraud has become so prevalent it is now only behind violent crime and terrorism when it comes to the crimes of highest concern to the public, with the impact of fraud being considerable, effecting peoples' confidence and wellbeing as well as their financial stability. As such Humberside Police is committed to increasing our communities' knowledge of the different types of fraud and methods used by scammers so as to empower people to protect themselves and those they love from becoming victims.

There are ten golden rules to follow to try and help you prevent fraud and beat the scammers.

1. Be suspicious, if something sounds too good to be true, it often is.
2. Never agree to deals or offers immediately, insist on time and get independent or if possible legal advice before making a decision.
3. Do not hand over money or sign anything until you've checked the credentials of who you are dealing with.
4. Never send money to persons or organisations you do not know or trust or use payment methods you are not comfortable with.
5. Never disclose banking or personal details to anyone you do not trust, this information is valuable so protect it, legitimate companies will not ask you for these.
6. Always log onto a website directly rather than through a link sent to you by them.

7. Always seek to find your own solid independent evidence of a company's success, don't just rely on their references.
8. Always seek legal or independent advice if it involves money, time or commitment.
9. If you spot a scam, report it, it helps others.
10. Finally, if you are deceived, don't be embarrassed about reporting this. Scammers are callous, cunning and clever people who are always changing their methods and there is no shame in falling foul of this. You can help others by reporting it to make it more difficult for them to succeed in the future.

You can report scammers to action fraud via 0300 123 2040 or online at Action Fraud (<https://www.actionfraud.police.uk/>).

As I have already mentioned, if you are the victim of a scam or an attempted scam, however minor it may be, there may be hundreds or even thousands of others out there in a similar position. Your information may form part of a larger picture and could be vital in stopping the criminality and bringing those committing this crime to justice so please report this activity.

Humberside Police's Assistant Chief Constable Thom McLoughlin has recently spoken out on this issue *"I am sure all of us have received a text message asking for us to click on a link or a telephone call trying to get us to do something with our money. Quite often, these attempts target our most vulnerable members of the community.*

The sad fact is that every day, year on year, the allegations of fraud are increasing in number. Last year 4,623 people reported they have been a victim of fraud in Humberside and these victims reported a loss of £13.8m.

We are pleased to see so many people from across the Humberside policing area coming together at conferences like this to raise awareness of fraud, provide them with tools to support people who may have become victims of

fraud, and to create a network of people who are working to create an anti-fraud culture across North Lincolnshire, North East Lincolnshire, Hull and the East Riding of Yorkshire.

We are committed to making a difference, and together, we can.”

You can find out more information about fraud and other issues in your area by signing up to My Community Alert. This alert based system allows you to receive real time messages about incidents that matter to you that are happening in your community via text or email.

You can sign up today at www.mycommunityalert.co.uk/humbertalking.

***PC Batch
Humberside Police Neighbourhood Team***

Look out for the new Tech Talk series of articles in future newsletters on how to secure your online accounts.

SHOWCASING



By the Outdoor Sketching Group

Swanland u3a Spring Break to Raven Hall – 2024



On 6th May 2024, a group of about 40 Swanland u3a members arrived at Raven Hall Hotel for a 3-night break. There was a slight haze over the cliffs as we gazed over the spectacular view to Robin Hood's Bay. The

following morning 'The Bay' was no more! A heavy sea haar had descended. This did not deter the walkers (a group of 8 or 9) who completed a walk to Dalby Forest area, organised by Graeme & Pam [redacted]. Others visited Scarborough (M & S!), Whitby or the delights of the North Yorkshire villages, where the sun shone! The walks were organised by Pete [redacted] on Tuesday over the moors, and on Wednesday by Robin [redacted] to Robin Hood's Bay. We were very fortunate with the weather.



We found the hotel had changed little since the advent of new ownership. The food was excellent, the rooms as we remembered, the ambience unchanged as, of course, are the views. Familiar walks to the village

tearoom (not Tuesday), along the cinder track or through the golf course to the alum works, all provide daytime activities for those without a car.

Evening activities were affected by fewer Bridge & Canasta players than in previous years, but, needs must, and those who played enjoyed the sessions each evening. Derek [redacted] kindly brought the Bridge equipment from Swanland. John [redacted] again came up trumps with games and quizzes, providing great opportunities for friendship and chat. Our thanks go to Meg [redacted] for organising this lovely holiday for us at Raven Hall Hotel.

Myrtle

The Waste of Daylight during Summer Mornings



In 1907 William Willett published a pamphlet 'The Waste of Daylight', which suggested changing the clocks in the spring and putting them back in the autumn. His original idea was too complicated as he suggested *“that at 2 a.m. on each of four Sunday mornings in April, standard time shall advance 20 minutes; and on each of four Sundays in September, shall recede 20 minutes.”*

In 1908 the Liberal politician Robert Pearce introduced The Daylight Savings Bill in the House of Commons but it was rejected. Willett died in 1915 aged 58.

In 1916 Germany adopted daylight saving time. The UK and many other nations involved in the First World War followed suit shortly afterwards. When the UK Parliament passed the Summer Time Act it established the practice of putting the clocks an hour forward during the summer and back one hour in autumn.


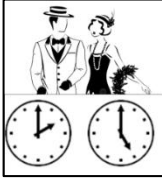
British Summer Time began on 21st May and ended on 1st October until 1972 when the dates were changed to 2am on the 3rd Saturday in March (or the 2nd Saturday, if the 3rd Saturday was Easter), and ending in the morning of the day after the 4th Saturday in October.

In 2002 the dates were changed to 2am on last Sunday in March and ending at 1am on the last Sunday in October.

You can read Willett's 1907 pamphlet here:

<https://www.webexhibits.org/daylightsaving/willett.html>

QUIZ TIME

Who is this?	
What connects: Jazz, Gala, Junami, Cox.	
Name this catchphrase	
How many Catherine's did Henry VIII marry?	
<i>Answers on page 19</i>	

COMMUNITY AND WIDER U3A NEWS



Dates for your Diary

Saturday 14th and Sunday 15th September



The Swanland Heritage Centre will be displaying an 1824 Village Model in the Swanland Village Hall, alongside maps to show the changes over the years.

The Centre will also hold an exhibition illustrating aspects of the village's history, a time-line display showing events over two centuries, a small library, a growing archive, photos, memoirs, maps and much more.

We will be providing free guided walks showing places of historical interest in Swanland, starting from Swanland Heritage Centre (by the pond) and finishing at the Village Hall.

For details: <https://swanlandheritage.info/events.html>

27th October - Change clocks - back 1 hour at 2am

5th December International Volunteer Day for Economic and Social Development



The u3a radio podcast, set up in 2020, showcases the amazing things happening across the movement.

It's created by a team of u3a members who all have radio experience and features interviews with members, interest group leaders, Trustees, national volunteers and Subject Advisers.

The entire series is available on our YouTube Channel, Spotify, Google Podcasts (sign in required) and Apple Podcasts

The team is always looking for more stories – please get in touch if you'd like to contribute.

<https://www.youtube.com/channel/UCrqc8qYDZ4U24lq0J4qx0fQ>

Uncomplicating Mental Health.

We are part of an incredibly advanced species of apes, Homo sapiens, emerging only around 100,000 years ago in the vast timeline of Earth's history. What propelled us to dominate the planet was our unique ability to



tell and record stories, a gift of our highly developed brains. These stories allow us to perceive ourselves across time and space, to remember the past, plan for the future, and recognize our individuality in the present. Yet, as "Thinking Man" or "Wise Man," we

often use our rational brains irrationally, grappling with a wisdom that eludes us often. We are pretty rubbish at using our 'top of the range' brains to be honest!

True wisdom involves not just articulating thoughts but also understanding and managing our emotions—a realm where we often fall short compared to our ape relatives. Our emotional landscapes have been shaped by societal pressures, manipulating our feelings to conform and thrive in large, cohesive groups. But why should we alter our emotions, including the unpleasant ones like anger, fear, or sadness, when they have been integral to our survival and evolution?

In modern times, we seem to have lost control over our emotional narratives, constructing elaborate stories that cloud our true experiences. We struggle to recall the past accurately and predict the future, yet confidently navigate our lives with only partial understanding. Despite our advanced brains, we are still driven primarily by emotions, not the complex narratives we construct to convince ourselves otherwise. This susceptibility to external manipulation poses a growing concern in our interconnected world. We certainly SHOULD be concerned, when it is constantly suggested

to us that buying material goods, like the simple floor mop, for example, will solve most of our emotional problems and lead us to nirvana!

To reclaim emotional authenticity, we must reduce our overthinking and reconnect with the significance of our feelings. By asking "WHY am I thinking this or WHY am I feeling this?" more frequently, we can unravel the layers of our emotional responses and regain a deeper understanding of ourselves. Recovering addicts, in their journey to sobriety, exemplify this reconnecting process, forsaking their emotional crutch—their substance of choice—to maintain clarity and resilience. Their experiences offer profound insights into enhancing mental health, generally, in our society and preventing its decline.

Dr Richard Hodgkinson

On 19th September Richard will take us on a whistle stop tour of our fascinating evolution, the terribly annoying side of Socrates and why being a recovering alcoholic might not be as bad as it sounds!

If you would like to know more or want to ask him a question or two, please come along.

The Trials and Pleasures of being a Quizmaster

Sometimes you just have to laugh. The question was: *“Who wrote the ‘Ballad of Reading Gaol’ after his incarceration there in 1897?”* The answer given was: *“Gary Glitter”!* I’ll keep them coming.

I believe that having a laugh and having fun are key elements to any good quiz. However setting and presenting a quiz can have its downsides too. The same quiz can be summed up by a blunt Yorkshire group as *“too difficult”* and by others in the room as *“too easy”*.

Question: In which river did John the Baptist baptize Jesus?

Answer: The Amazon!

Preparation can bring up unexpected problems. I turned up to run a charity quiz with answer sheets, score sheet, picture quiz.... I had everything, however those taking part had nothing to write with! *“We didn’t know we needed a pen”* was the plaintive cry. The only thing I hadn’t brought: pens!

Question: Which foodstuff grows in paddy fields?

Answer: Potatoes!

The worst preparation I made was turning up for a charity quiz with everything I needed, after checking closely before I left home. Imagine my panic when I discovered that I did have everything except the quiz itself. Imagine how I mirrored Lewis Hamilton as I raced the ten miles home and back as people were kept waiting! Another lesson learnt.

Question: What was Hitler’s first name?

Answer: Heil!

A crucial point is not showing people up if they get the lowest score, if they get easy questions wrong or say something ludicrous. I have learned to get round the problem by only giving out the leading scores. Whole teams can be put off forever if they feel they have been *“shown up”*.

Question: Which British Prime Minister had the middle name, Hilda?

Answer: John Prescott!

One doesn't become a quizmaster in the hope of compliments. However we have to be willing to put effort in on things the quizzers themselves don't usually appreciate. I set quizzes for several different organizations including sometimes on consecutive days. People assume we can just repeat a previous quiz. However, in some cases, the same people are in several groups which makes repeating the same quiz impossible. Occasionally I do quizzes to three different groups in the same week. There are several of the same people in each of the groups, so I have to do three different quizzes. Quite demanding but the quandary is not really appreciated by the quizzers.

Question: Judi Dench played which character with which single letter name in several James Bond Films?

Answer: D

Quizmasters like to refresh their quizzes and find a different theme or angle for a new quiz. Sometimes something that happens gives me an idea for a new quiz. I start with enthusiasm but often find the subject is more limited than I thought or I realise the questions are often too obscure. Oh dear, try again.

Question: True or false: Evelyn Waugh was a famous female cricketer?

Answer: True!

A modern quizmaster's enemy is Google. Now it is easy for quizzers to check your answers. If you give a wrong answer: "Oh, dear!" I found this very difficult to start with. I always check my answers twice beforehand now and then, if Google proves me wrong, I accept my error and rectify the score in the quizzers' favour. We are not quizzing for millions after all.

Question: New Zealand was mapped out in the 1770s by which explorer?

Answer: Robinson Crusoe!

I made myself very popular with one quiz I set. After the picture round, people came up to me and told me how much they had enjoyed it. I was amazed that almost every team got full marks for the round. Humiliation! I had inadvertently printed the answers on the Picture sheet. Silly me. Another lesson learnt.

Question: Which G O wrote Animal Farm?

Answer: George Osborne

Many studies and newspaper and magazine articles have shown the importance to senior members of society that they keep their minds active. Along with this is the value of getting out and socializing with others. A little friendly competition keeps us all on our toes too.

The key elements of the last paragraph are what I believe quizmasters, like me, should be aiming for. If everyone has had a good chat with other quizzers, a good laugh, learnt something interesting, felt a little competitive and enjoyed being part of a team working together then our job is done.

Setting a quiz can be hard work but if everyone has come out and had a good time, then it's all been worth it.

Question: Where do arboreal animals live?



Answer: In Arboria

Phil
Quiz Convener, Swanland U3A



Phil makes quiz setting look easy and that is his gift. It is hard enough thinking of 4 questions for the newsletter, let alone 75 for one evening. If you would like an evening of fun our quiz night (organised by Phil) is on every 2nd Mon of the month at 7.30pm at the North Ferriby Social club.

QUIZ ANSWERS

Who is this?		Ian Carmichael (Hull born actor)
What connects: Jazz, Gala, Junami, Cox.		They are all British apples
Name this catchphrase		Behind the Times
How many Catherine's did Henry VIII marry?		Three: Catherine of Aragon, Catherine Howard and Catherine Parr.
<p>Do you enjoy quizzes? Then why not join our Quiz group on the 2nd Monday of the month at the North Ferriby Social Club. Everyone is welcome.</p>		

WANTED!

COULD YOU CONTRIBUTE?

I am now looking for articles for the newsletters in 2025 (January, May and September) and would welcome contributions from any of our members.

Have you had any experiences or interesting topics you are happy to share, be it related to your job, hobby, charity, holiday or even a house, family or local history topic? Anything really. I am looking for articles between 500 and 800 words.

If you would like to contribute but don't feel confident about writing the article yourself, please still contact me and I can help you. If you can't contribute anything yourself but know someone who could, please ask them to contact me or give me their details (with their permission).

You can email me on: newseditor@swanlandu3a.org.uk or chat to me at one of the Thursday meetings.

INFORMATION – WHAT YOU NEED TO KNOW TO KEEP IN TOUCH:



Swanland u3a WEBSITE
<https://www.swanlandu3a.org.uk>

To update or to add information please email:
webadmin@swanlandu3a.org.uk



Look / Join our FACEBOOK Page:
<https://www.facebook.com/groups/swanlandu3a/>

Swanland u3a Contacts for information and help.

info@swanlandu3a.org.uk

chair@swanlandu3a.org.uk

memsec@swanlandu3a.org.uk or 01482 631497

Newsletter Deadline

The closing deadline for the submission of articles for the
January 2025 newsletter is:

11th November 2024

Send to: newseditor@swanlandu3a.org.uk

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