

Milford and District u3a Monthly Newsletter January 2023



Chairman's Message



I would like to wish you a Happy New Year, and many hours of stimulating activity with the u3a in 2023.

We are hoping to start the Boules group later in the year as the weather improves, and more generally the Committee would like to see a few more groups not closing, but continuing, over the summer period, particularly those where the warmer weather is a distinct advantage.

These could be Groups formed to continue pastimes or interests, or new groups extending the existing activities over the summer, giving people the opportunity to do something they didn't do in the winter months because of various clashes with other Groups. Please contact the Committee with any ideas.

In May, I will step down at this year's AGM as Chair as I am required to do by the Charity Commission, and our own Constitution. We are therefore looking for a new Chair, and ideally a Vice Chair for 2023/2024.

If there are other roles you may be interested in please also indicate your interest to me. We have a number of roles including Chair, which are a requirement of the Charity Commission, and without these appointees Milford & District u3a will fold.

John Oakey.

chair@milford-u3a.org.uk



FRIDAY AFTERNOON TALK....13th January 2023
2.00pm Milford Village Hall

THE CITY LIVERY COMPANIES

by
Michael Goodridge

Talk, tea, cake and conversation for £1.00

Outings

Thursday 16th February 10.30 – 15.30

The next outing planned is to see the stunning snowdrops at Welford Park, near Lambourn.



You only need to stroll around the beech wood at Welford Park taking in the spectacular carpet, and breathing the delicate scent, to know this natural phenomenon is very special. Galanthus is the Greek name for snowdrop. This derived from “gala” for milk and “anthus” for flower, and through the ages they have held their own in the ever-growing world of horticulture. You will see a collection of rare galanthus cultivars in the formal garden, heavenly white blooms covering woodlands, riverbanks and lime tree avenues.

There is a marquee serving hot drinks, homemade cakes, homemade soup and a selection of light lunches. There is also a shepherd's hut on the front lawn serving hot drinks.

We need a minimum of 20. Cost to be confirmed but for the coach, entrance, drivers tip and a cup of tea or coffee, it is expected to be between £26.00 to £32.00.

Sue Losson outings@milford-u3a.org.uk

Review and photographs of the December 2022 Friday Afternoon Talk'



HARP AND HOLLY

Those of us who were able to attend December's Friday Talk 'Harp and Holly' which featured the harpist, Margaret Watson, were indeed treated to a wonderful mini-concert. She played us some beautiful music which included some classical, Christmas music and even a stunning piece which she composed herself.

The music was interspersed with her own stories about her relationship with the harp and some fascinating information about the structure and techniques in playing the harp, which was clearly no

easy feat.

Her presentation instigated many questions from members of the audience to which she happily and fully responded.

It was an uplifting and joyous afternoon, rounded off by some delicious refreshments.

The afternoon was a lovely step into the festivities of the season.

Photographs and Review by Sue Allen, Leader of the Photography for Pleasure Group.



Spanish Group



**Spanish 2nd and 4th Tuesdays in the month,
Beginning 10th January from 10.00 – 11.30am**

ONLINE WITH ZOOM

You don't have to have a zoom account for this. Just click on a message, that I will send to you, as you do to read an email.

Are you going to Spain or South America in the summer? This course will help to make you familiar with some of the situations you may expect to be in when you get there.

We shall use the BBC 'Talking the Talk' Spanish Course Book which comes with two CDs, so that you can listen to Spanish speakers, (listen in the car), and check the text. We will be as active as possible. Pamela Brown pam-brown@milford-u3a.org.uk

Joining a Zoom Meeting:



Do you know how to get into a Zoom meeting like the Spanish Group meeting on the previous page? If you haven't tried it yet, I hope this description of what it would be like, will interest you to give it a go. Even if you don't want to join the Spanish Group.

You will arrange a meeting time with the HOST. The Host is the person who has called the meeting.

You do not have to have a zoom program on your own computer. If you do have it, don't use it to enter a zoom invitation. It confuses the computer.

Answering a zoom invitation is very similar to opening an email. A few minutes before the arranged meeting time:

1. **CLICK** the link with the left ear of your mouse or **SWIPE**. **(The link is a long line of blue letters and numbers)**. The connection takes a little longer to arrive than an email.
2. Just **WAIT** until you see a message similar to *'This site is trying to open zoom meetings,'* **CLICK** or **SWIPE**.. **OPEN**.
3. **Wait**...until you see a whirly-jig and the word **'Connecting'****DO NOTHING**.
4. Next, if you are a little early for the appointment time, you may get a message saying...*'The host will let you into the meeting very soon..* **WAIT**.
5. When the host is ready, you will see your host and any other group members who are joining the meeting. **YOU HAVE ENTERED THE MEETING**

As you can see above, there is a bit of WAITING to do, but only two actions to CLICK or SWIPE To enter the meeting.

If you would like to try this out before a proper meeting, email or ring 01252 702075

**Check for perfect position on the zoom screen
Can you see and hear everyone?**

6. **CHECK:** Are you sitting with the light on your face? A light behind you will make your face look dark and not so easy to read.
7. Are you sitting so that your reflection can be seen clearly in the middle of your screen? It is easier for all if we can see your mouth, rather than the top of your head.
8. **CHECK** that the little symbols for microphone and speaker are not crossed with a red line. **If they are..SWIPE or CLICK** them with left ear of the mouse.
9. *If you have a cough. Or if your phone rings, MUTE yourself by clicking that microphone symbol again so that the red line appears again, otherwise everyone at the meeting can hear the cough or what you say. Click it back on after the interruption.*

***As you can see above, there is a bit of WAITING to do,
but only two actions to CLICK or SWIPE. To enter the meeting.***

pam-brown@milford-u3a.org.uk

Pickleball

The sport of Pickleball, an American import, has elements of tennis, ping pong and badminton. Pickleball is particularly popular with those aged 50-plus and you can see why: it's not about the power with which you hit the ball, it's more about waiting for the right shot – so you don't have to be young and fit to win.

It's relatively new to the UK, There are local clubs in Farnham (two clubs), Guildford and Aldershot. It is also becoming popular with members of U3A which offers the sport in 19 areas around the UK.

For most racquet sports you need hours of lessons even to get the ball over the net. The coach said, 'I'll have you playing pickleball in half an hour.' He wasn't far wrong'. The rules, are fairly simple, underarm serves from the waist, over a reduced sized net, which means no ferocious Federer-style aces. 'The magic of pickleball is the actual ball,' 'It has holes in it so doesn't move as fast or bounce as hard as a tennis or ping pong ball.



It's now estimated that there are around 9,000 picklers in the UK and more than 360 clubs. Competitive pickleball is big too: Chair Karen Mitchell, 63, co-founder of non-profit PICKLEBALL ENGLAND, is confident that numbers playing will more than treble in the next two years. Want to take up pickleball but don't know where to begin? For coaching and places to play: [Pickleball UK email info@pickleballengland.org](mailto:info@pickleballengland.org)

Newsletter Competition



A Newsletter Competition, Prize £10.00, for photos or a written description of the lovely towns, villages and spaces around the area covered by the Milford and District u3a. Descriptions to be sent for publication in our Newsletter. pam-brown@milford-u3a.org.uk Written entries can be in any form, a poem, short story, a memory, a description - a photograph in words. With the idea of sharing them by Displays and Readings at our future Monthly Meetings.

*For publication in the next, February, Newsletter the closing date is **28th January 2023.***

U3A National Poetry Competition 2022-23 Closing date 27th January, 2023

There is no theme for this competition. Your poem should be a maximum of 16 lines (plus title), on any topic, and be submitted by **12 noon on Friday 27 January 2023**. The three winning poems will be published in Third Age Matters and on the u3a website. Submit your poem to. **U3A Poetry Competition 2022-23** More information is available at... www.u3a.org.uk/learning.

Website – Milford and District u3a

The Website is the window to our activities. It can show the latest information or report on a meeting or cover Group news. Is it time to update your Group's description or news on the Website? If so, contact the webmaster. Bob Fearnley on webmaster@milford-u3a.org.uk

Membership

In every Chairman's Message, and every Issue of the Newsletter this year, we have tried to encourage members to volunteer to form new groups and some have. Our Photography for Pleasure Group is an example of a very successful one.

The u3a Branch that you belong to as a member is only as good as those who have volunteered to do that. A Branch that has a variety of interesting groups and a membership who co-operate and take a lively interest in the various activities is a good one. Without what Eric Midwinter, one of the Founders of the u3a in the UK called this 'Self-Help', the Branch will not survive. Let's make Milford and District u3a, one of the best.

Our Committee will be asking you to volunteer to help or replace some of them for 2023.

I would like a deputy Editor for 2023. Please volunteer. pam-brown@milfordu3a.org.uk

Newsletter Team

Editor Pam Brown creates the Newsletter .

And then passes it to

Bob Fearnley, our webmaster, in time for it to be circulated online by the 1st of each month.

Lavinia Martins, our Membership Secretary photocopies and sends a printed copy, to any member who cannot read it online. membership@milford-u3a.org.uk

Thanks to Bob and to Lavinia for distributing the Newsletter.

We all send our Best Wishes to you this January 2023.

pam-brown@milfordu3a.org.uk



The Closing Date for entries for the February Newsletter is 28th January 2023