



## What's Inside?

- pg 2 A new member's view; and another's obsession!
- pg 3 Looking outwards: lifelong learning opportunities;
- pg 4 Planning for the approach of 'unlock!';
- pg 5/6 Health and wellbeing feature: mind and matter;
- pg 7/8 Our u3a - our groups.



**\*\*STOP PRESS\*\***

Meetings have re-started!! French 'A' level - are they the first? Let us know if you're back meeting outside.

## A welcome from the Chairman

Dear Member,

I am delighted to welcome you to the re-launched (and totally new) News & Views. Re-launch will be our focus over the coming months as we hopefully come out of the restrictions and this new News & Views is just a start.

Reflecting on the past 12 months our u3a can be summed up in 4 words: resilience, positivity and forward thinking. In spite of the restrictions, sadness and the lack of physical contact, we have pulled through - amazing!

I thank the management committee and the many volunteers for making this happen and on their behalf, hope you enjoy this first edition.

*Steven Watts (Chairman, Petersfield u3a)*

## What's it all about? Why News & Views?

It all began with a survey. Ask members what they would like and they will tell you! 'Better communications' was the plea; more varied, reliable, and interesting information. And plenty of suggestions were made. A short, regular email-based list of events and upcoming features was considered vital and 'Connect' was seen to fit the bill. (Thank you Les Jarman and team for your great efforts especially during the lockdown.)

But a longer, less-frequent newsletter was also requested to provide a window on all our groups and activities, with articles and features by Convenors and members as well as pieces about the wider world.

It comes as part of a development plan for our u3a which your management committee has been working on over the winter months. More information and the opportunity to comment will be coming your way soon.



Our thanks to all those who have contributed to this first edition. ***Now it's your turn—comments, suggestions, articles, you write it we'll try to print it.***

*The editorial team is Andy Borthwick with Peter Lake, Barry Todd, Rodney Clark, John Gummerson and Elaine Chisholm.*

**Contact us at [nandv.u3aptr@gmail.com](mailto:nandv.u3aptr@gmail.com)**

## Members' Page

*Barry Todd is a new member and has joined the Editorial panel. This is his view of the u3a.*

You come to retirement and realise being over 50 is the new youth—hence, it is time to learn/develop a skill or engage in a new activity. Where to look is the question? Having exhausted the trend of sour dough breadmaking/making a half-hearted effort to learn to play an instrument, you think, "What do I enjoy and could possibly develop a competence in?" Sadly, you realise that after 35 years of employment, child rearing & naturally being an exceptional husband (my words obviously), maybe you have lost sight of the most important part of your life as it looms large on the horizon – hence this ineluctably drew me to the u3a.

Predictably, last year was not the best one in which to have joined although those groups I did engage with have retained a regular dialogue as to re-opening etc. – so all good. However, as a new member, I have a few observations to share.

**Are you a new member? We have a Welcome Group to help you settle in. Contact N&V editors for details.**

- I believe there are a number of people moving toward retirement/in retirement who could benefit massively from u3a – however, its existence wasn't very apparent to me and required a bit of initiative to find about the opportunities of being a u3a member.
- I suspect the current membership age range is weighted toward the older end of the u3a spectrum. On talking to my contemporaries their perception is that u3a is for 'later in life' (which is ironic as they are 'later in life!'), which deters them from joining.
- As in many aspects of life, succession is vital in providing lifeblood for the future to re-energise and modernise the existing and proposed activities.

My perspective may be misguided – but it is a viewpoint based upon experience to date and not intended to provoke. That said, I expect the **News & Views** publication to be an excellent catalyst in attracting new and sustaining current membership.

**Frances Lake is a member and .....a genealogy addict!**

Yes, I confess, I am addicted to the adrenalin rush when I finally track down that elusive relative.

Got you! I shout at the computer screen. Try as hard as you might to hide by dodging the census; boarding a ship to a far away place and changing your name; the wife and children you left behind needed you and now you must account for your actions. This poem from an unknown American sums it up!

**You're a genealogy addict when ...**

*You brake for libraries.*

*You hyperventilate at the sight of an old cemetery.*

*You would rather browse in a cemetery than a shopping precinct*

*You would rather read census schedules than a good book.*

*You are more interested in what happened in 1697 than 1997.*

*Savage, Torry, and Pope are household names, but you cannot remember what to call the dog.*

*You can pinpoint Harrietsham, Hawkhurst, Kent, but can't locate your county town on the map.*

*You think every home should have a copier and a microfilm reader.*

*You know every register of deeds in the county by name, but they lock the doors when they see you coming.*

*You store your clothes under the bed, because your wardrobe is full of books and papers.*

*You eat on the patio all the time because the dining room table is hidden by unsorted papers and there are files on every chair.*

*All your correspondence begins "Dear Cousin".*

*You have traced every one of your ancestral lines back to Adam and Eve, have it documented, and still don't want to quit.*

*You check out mail lists looking for 'real' cousins.*

*You're thrilled to get an e-mail with an 800K attachment of part of your family.*

*When you introduce yourself, you always add 'I'm looking for dead relatives'.*

I hope this poem made you smile. I came across it in the early days of my addiction and apologise for committing the sin of not referencing my source (something that every genealogist must do).

(Petersfield u3a has two Genealogy Groups)



## Lifelong learning and MOOC?

**What's a MOOC?** Sounds like a cow with hiccups. But it's not.

A MOOC is a course of study made available over the internet to a very large number of people. In other words, a **Massive Open Online Course**.

These are an important component of lifelong learning and, whilst they have been around for a while, the pandemic has led to a significant MOOC boom.

Many are entirely free. Just sign up and get started. For others, there is a reasonable fee.

MOOCs are a perfect complement for our u3a ethos.

Here's some of MOOC examples:

■ Archaeology: from Dig to Lab and Beyond. You can take this course from Reading University at any time but in June you can interact with university staff. Look at <https://www.classcentral.com/course/archaeology-6112>

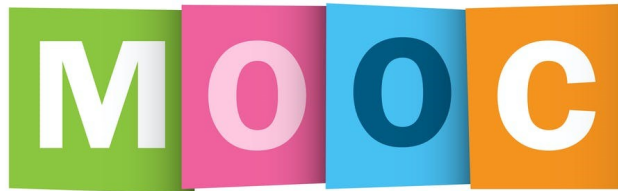
■ The Music of the Beatles (Rochester uni). Look at <https://www.classcentral.com/course/beatles-1135>

■ Moralities of everyday life from Yale University. You can find them at: <https://www.classcentral.com/course/moralities-911>

We've still got a while before life gets back to normal. MOOCs make a good choice for keeping our minds active.

Here are a couple of links where you can find out more about MOOCs and perhaps find one to sign up to.

■ <https://www.ozstudies.com/blog/study-australia/free-online-courses-moocs>. This is an Australian guide that



explains MOOCs

■ <https://www.york.ac.uk/study/moocs/>.

Free courses from University of York

■ <https://www.futurelearn.com/> UK-based website with both paid and free courses.

We'll be publishing more MOOC opportunities as we find them. Have you found interesting on-line courses? Let us know and we will share the information with our members. Come on be a sharer! Click on the **contact** link at the bottom of the page.

## Online u3as?

➔ **Have you considered online u3as?**

They are worth a look. The Australian-initiated **u3a online** publishes a newsletter covering a range of topics with many interesting links. Hours can easily be spent browsing here.

Catch the March issue at <https://us6.campaign-archive.com/?u=6695a4cd2b9c9567045967f40&id=27e763fedb>

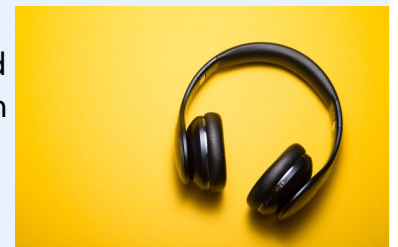
## Don't miss the u3a Radio Podcast

u3a Radio produces a podcast each month and it's worth a listen.

Stay up to date by tuning in to the March episode

It's available on YouTube and the link is <https://www.youtube.com/watch?v=44kGOX2jPNw>.

You can also find earlier episodes on YouTube



## Freedom's getting closer...

### How organised are you?



Are you a planner? To be honest, my beloved and I are not. We're more of the sort that get an urge to go somewhere (how about Sarawak?) and find ourselves there in three weeks' time.

However, as I become slightly less young and "unlock" gets closer, and I dream of getting abroad again, I occasionally get an uncharacteristic urge to plan.

Web browsing is the way to find beautiful, memorable places.

Where better to start than UNESCO's World Heritage sites? This is truly a great resource.

## There are just under 1100 World Heritage Sites (WHS). It works out at about one each week if you have 20 years of travelling in you. Quite a tough schedule. You'll have to get a move on as soon as Covid restrictions lift. Plan now!

## Take some time pressure off with a bit of smart planning. Speed up your visit rate by going to countries with high WHS density. Italy has 54 WHS, making it a good choice as is China with 53 (but, I suggest, not on the same trip). A trip that passes through



Spain (47), France and Germany (each with 44) could see you rapidly blunting your tick list pencil (don't forget to take a sharpener!).

## It makes sense to add in quick-hit WHSs. I can recommend Olomouc's Holy Trinity Column in the Czech Republic. It takes less than a minute to view.

## Equally, you should avoid the opposite: those WHSs that take an age to view. Don't get tempted by the Struve Geodetic Arc. This spans 10 countries in Northern Europe. Also, avoid the Phoenix Islands Protected Area with its 408,250 square kms. Real time-wasters!

## Lastly, we all like to get away from the madding crowd but don't be tempted by those off-the-beaten track options. Iceland's Surtsey (born 14 November 1963) fits the description but, no human visits are allowed. Equally, I cannot recommend Australia's Heard and McDonald Islands. These are uninhabited, are nearer South Africa than Australia and see a boat only once in a few years. Not surprising really.

Well, that's it. A few invaluable tips that will make all the difference to your own post COVID 19 planning.

*Peter Lake is a member of the editorial team and committee member.*

### Closer to home, perhaps?

Our u3a has many groups to help you get out and about locally. And you can share your time with others.



There are various walking groups for those with differing levels of resilience and stamina. There is

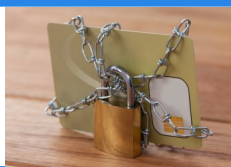
also cycling for those with and without bat-

tery assistance. The cyclists have been counting down the days. First in groups of six and then maybe another trip further away for more?

And of course there's the National Trust, RHS gardens, pubs (remember them?), the South Downs National Park – we live in a wonderful area.



**What places are you planning to unlock?** Come on, share some of your secret walks or trips out!



What can you recommend—or what can you warn about? Email a note [nandv.u3aptr@gmail.com](mailto:nandv.u3aptr@gmail.com)

**Our website is evolving.** It now features the new u3a branding. Pages have been re-organised to make it easier for you to get around. Some pages have been added and some little-used ones have been removed. Have a look and tell us what you think. <https://u3asites.org.uk/petersfield/home>

## Health and Wellbeing

*Health and wellbeing, physical and mental, is everybody's concern – especially now. Our u3a has an active and innovative group which will restart as soon as possible. Read here about the background to the group and some members' thoughts on health.*

### The Health and Wellbeing Group

The group aims to meet monthly and was formed after a session on Alzheimer's attracted over 100 members! A few of the members have medical backgrounds – myself included – but everyone has something to say on the subject of health!

An important aspect of the group is that members can participate in ongoing medical research. And we have provided research volunteers for Surrey, Oxford and Portsmouth Universities and linked with QA Hospital patient participation projects. This gives us access to the latest medical thinking.



Held in the Physic Garden Room, we have had presentations and discussions on medication led by a pharmacist – thank you Lin Piatek – and sessions on ethics, vision/eye conditions, and arthritis from practising medical staff and researchers. At the initial meeting members came up with a list of over 30 subjects, including vaccinations ... did someone know something even back then about Covid 19?

*Peggy Pye is Convenor of the Health and Wellbeing Group*

### Yoga bliss...

Our yoga encompasses a large variety of gentle stretches and balances, working systematically with different parts of the body and is carefully coordinated with the breath. Each session, designed to promote physical awareness, is even attuned to the 4 seasons of the year. Everybody exercises to their own personal level. We work to include sitting, standing and lying down exercises, all under the (currently Zoom based) watchful eye of our yoga expert, who talks us through and demonstrates what to do.



The final 10 minute relaxation, 'shavasana', is the perfect way to rest both mind and body. The benefits of yoga are well known, particularly for boosting the immune system and lifting the mood. Over the 4 years that I have attended the group I have benefitted from making a group of friends whose mutual support and companionship has helped me throughout this past year.

*Elaine Chisholm is the Yoga Group Convenor.*

### Learning Links...

The Health and Wellbeing Group benefits from its links with universities and health providers. Look out in the next edition for ways we can all share and link our learning and groups' interests with outside organisations.

For more information about mental wellbeing <https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

## Health and Wellbeing

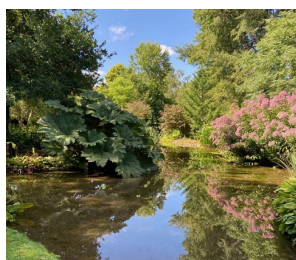
### Can your garden help you?

T.S. Elliot wrote in his poem 'The Waste Land' - "April is the cruellest month..."

At the moment, our gardens are our wastelands needing love and attention now that we have the first signs of Spring.

But the real wasteland, this April, is in my mind; the loss of contact with family and friends and the boredom from doing the same thing every day!

And we need to tend our own self as much as the garden. The 'self' who has missed physical contact and every-day conversations and the sociability that comes with being human. Much has been written about gardens promoting health and wellbeing. Those of us who have always spent time



The u3a has 2 garden groups. They learn about gardening and visit local gardens. *Jenny Stevinson* is the Convenor for Group 2. The pictures are from her group .

growing things know this only too well. That wonderful feeling of connecting to the earth when your hands are in the soil planting things. The joy of watching life form as seeds burst through the compost in a seed tray. It is a source of wonder all through our lives and I never get tired of the yearly ritual. If you want to find out more about the scientific studies behind the promotion of gardening for health look at this Royal Horticulture Society study. It is an interesting read. <https://www.rhs.org.uk/advice/health-and-wellbeing/articles/why-gardening-makes-us-feel-better>

*Joyce Borthwick is Convenor of Garden Group 1 and writes a regular Garden Piece which is available on the website. For the April edition*

<https://u3asites.org.uk/petersfield/page/112109>

### ...and how is your diet?

Most of us were brought up on meat and two veg, although those old enough to remember rationing will recall that meat was definitely a treat during those years. Over the last few decades there has been a huge amount of research on the best diets to eat to minimise the risk of heart disease and various cancers.

Some findings are really important. In 2015 the World Health Organisation (WHO) asked a group of the world's best cancer special-



ists to look at diet and cancer. The group's [report](#), endorsed by the WHO, makes interesting reading. These experts said that processed meat is carcinogenic (can cause cancer). Examples of processed meat include hot dogs (frankfurters), ham, sausages, bacon and corned beef. These foods are

particularly associated with colorectal cancer. So that "Full English" breakfast might need a few tweaks! The experts also said that red meat is "probably carcinogenic". Red meat would include beef, pork, lamb etc. Again, the strongest association is with colorectal cancer, but red meat may also be associated with prostate and pancreatic cancer. However, it's not just meat and cancer. A new UK [study](#) published in March this year came to the following conclusion:

*"Higher consumption of unprocessed red and processed meat combined was associated with higher risks of ischaemic heart disease, pneumonia, diverticular disease, colon polyps and diabetes, and higher consumption of poultry meat was associated with higher risks of gastro-oesophageal reflux disease, gastritis and duodenitis, diverticular disease, gallbladder disease and diabetes."*

For the sake of our own health we should all reduce our meat consumption.

*Joyce D'Silva D.Litt., D.Univ. (Hons) is a Petersfield u3a member and has worked for the charity Compassion in World Farming since 1985.*

## Our u3a

### Know your u3a

There are two types of u3a. There's the 'French' original model started in 1973 – and, since 1982, the UK version.

Who uses which type? It seems to come down to language. If you're an English speaker you're likely to use the UK approach and, if you're not, the French-style applies.

What's the difference? Well, a French-style u3a is likely to be directly linked to a university whose staff may have a role in educating third-agers. The UK approach is much more community-based in its style.

U3a is active in about 40 countries. Albania, Lithuania, Nepal, Mauritius, New Zealand and Kazakhstan are examples.

Here in the UK, we have about 1000 u3as and over 450,000 members.

China's u3a membership dwarfs all others: 7,000,000 members in 60,000 u3as.

Petersfield u3a has more than 600 members and nearly 60 groups.

The **Cryptic Crossword** group is testing you with some brainteasing questions. And a mystery –

- 1) Disentangling the unit from hell makes it just ordinary (3,2,3,4)
- 2) Felt possibly that pal was a twisted liar – (8)
- 3) My French pal got a telegram and now he is quite happy – (8)
- 4) Section of diagram is surely wrong – (5)
- 5) Belts or elastic support – (7)
- 6) Conceal British identity somewhat – (4)
- 7) Damage after a cold spell – (5)
- 8) One who eats everything, having drunk more vino – (8)
- 9) Airline that collapsed beside a canal – (6)
- 10) Soft furnishings at the end of the show – (8)

... and finally, How do you get a cake like this?

**Christina Chard** serves it at her crossword group. Or look for her recipe on the website!



<https://u3asites.org.uk/petersfield/page/112109>

### Events

#### Open to all members

Upcoming talks by Zoom: – more information at <https://u3asites.org.uk/petersfield/events>

General meetings unless stated; S&T= Science and Technology; A&H= Art and Heritage.

Mon April 12th *My Ancestors' Professions in the British Raj* – Jenny Mallin

Tues April 13th S&T *Forests and food*

Weds April 21st A&H *The Story of School Life in WW2* – Mary Smith Jones

Tues April 27th S&T *Gene therapy for beginners*

Weds May 5th S&T *Weather*

Mon May 6th *The most Heroic Failure of Modern Times–Shackleton's Antarctic* – Jeremy Holmes

Tues May 18th S&T *Green energy challenge*

Wed May 19th A&H *"My Travels with Art and my Mum"* – Sharon Hurst

#### DONATE AN UNUSED LAPTOP OR DEVICE TO HELP DISADVANTAGED SCHOOLCHILDREN

Laptops and other devices are still desperately needed by local schools even as lockdown eases. Children are being seriously disadvantaged by their lack of access to online learning.

The BBC has been running a very successful appeal for the donation of unwanted laptops, and this can be accessed by going to BBC <https://www.bbc.co.uk/programmes/articles/5SqHJMTKZx5sYhlltXJvBIQ/give-a-laptop> and following the various links. Alternatively, you can donate direct to several local junior and senior schools, who will be very grateful for any they receive and they will guarantee to wipe all data and return the device to factory settings, before allocating it to a new home.

If you are interested, contact The Petersfield School, or any other school near to you and simply take the devices along. Alternatively I will be happy to help. See below to gain help from the computer group in cleaning up your laptop.

Clive Hutton [memsec.u3aptr@gmail.com](mailto:memsec.u3aptr@gmail.com)

# Our u3a

*Jenny Thwaites is our Groups Coordinator, she writes...*

A big "THANK YOU" to all groups who have stayed in contact and operated by whatever means possible in the last year. Your resilience and loyalty to each other are really heartening, and have helped many of us to have a focus in the most challenging times.

We can see the light at the end of the tunnel, and there is hope of returning with face to face group meetings, but with the added option of digital communication where helpful. We especially look forward to welcoming back those of you who could not work with Zoom as well as the people who did not wish to renew their membership last September.

We are looking for participants for the following embryonic groups:

- Café Philo
- Nature walking
- The Joy of nature
- Bus Pass Wanderers
- Digital Living
- Current Affairs (Three)

Please contact me if you are interested in joining any of these.

Jenny Thwaites, [grpcoord.u3aptr@gmail.com](mailto:grpcoord.u3aptr@gmail.com)

**The Science and Technology** talks traditionally take place on the third Tuesday of the month. We have not been idle having now hosted, or co-hosted with Waterlooville u3a, more than 15 talks using Zoom. There have generally been between 25 and 45 participants. The talks will continue for the next few months with 2 per month.

Please watch out on the weekly Connect email for the correct Zoom links. You will find them <https://u3asites.org.uk/petersfield/events>

*Malcolm Muggeridge is the Convenor.*



**Jazz Appreciation** members have been sharing likes and dislikes every month using YouTube and Spotify. Why not join in? We will be meeting 'live' soon! *Andy and Joyce Borthwick are the Convenors.*



*I wonder sometimes if you hear a word I say!*



*Peter Thwaites and Andy Borthwick are the Convenors.*

**Two Discussion Groups** have been meeting throughout the lockdown. One every three weeks and the other every week. No shortage of topics to be sure—some serious but many not! Why not form another one?

**The Wine Appreciation Group** have hired minibuses, visited Majestic, and been to vineyards. And we met on Zoom with members sitting on their sofas or favourite armchair. At the community centre too!



*Pamela Peacock is the Convenor.*



**Computer Help** group has helped our members from A-Z (Android to Zoom?) with their technology. From secure disc-wiping service for those donating computers. Advice on slow - running laptops, software choices, even help with recalcitrant iPads. For computer assistance contact John Donlan [its.u3aptr@gmail.com](mailto:its.u3aptr@gmail.com)

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