



January 2022 Bulletin

Happy New Year

MONTHLY MEETING

Tuesday 11th January 2022 at 2pm

SO FAR SO GOOD
With Malcolm Wells

What could the following have in common?

- How to teach a dog to empty a washing machine
- Playing the wrong National Anthem
- Receiving the MBE

This meeting will take place in the **St John the Baptist Church at Meopham**. This meeting is of course subject to any change in the Government's Covid rules; fingers crossed it will be fine. The start time is as usual **14.00 (2.00pm)** but by all means arrive earlier so that we can start on time.

Please be aware that the latest social distancing rules will apply and you are advised to continue wearing a face mask when indoors. Hand gel will be available but by all means bring your own if you prefer. The seating arrangements are that you must leave a seat between yourself and the next person; unless of course they are from the same household as you. Please respect other people's feelings at this sensitive time.

It will be great to see many of you again after December's successful meeting and your committee hope we will have a good turnout.

If you wish to attend you must register to attend by emailing Diane Fenton, our Membership Secretary on u3ameopmemsec@gmail.com **We have a maximum seating capacity so don't delay do it today!!**

Useful Websites identified by members of the Virtual U3A

The Retirement Advice Centre - 'Taking care of tomorrow today.'

Webopedia - Extremely useful site if you are struggling with computer jargon

Age UK - The UK largest charity working with older people

Citizen Advice - For a wealth of very useful information

The Old Farmers Almanac - If you love Gardening you will love this site.

Arthritis Research UK - Useful website helpful and informative

Osteoarthritis - Good informative website

Glaucoma - The international Glaucoma Association

Stroke - NHS Choices

Action on Hearing Loss The statistics

Tinnitus - NHS Choices

Bowel Cancer UK or **NHS UK** - Bowel Cancer

NHS UK Dementia Guide

Prostate Cancer

Resources for Older People - Provide useful leaflets and advice.

VirusTotal - Free online service that *analyzes suspicious files and URLs* and facilitates the quick detection of viruses, worms, trojans, and all kinds of malware.

TrueKey or **LastPass** Sign in without passwords.

Everplan - How to handle the digital life that you'll leave behind, very informative. **Citizens Advice** has advice on this subject.

Myu3a.org - connecting with members of U3As throughout the world

U3A Communities - They share an interest in the use of technology to enhance the U3A experience

U3A Online delivering online learning via the Internet, from Australia

Elder Gym for those moments when you feel a bit of exercise is just what's needed!!

Excel easy - Tutorials on how to use Excel, related examples and features (300 Examples) and it's 100% free.

More information about The Virtual u3a can be found at <https://vu3a.org/>

The Money Matters Group

The Green Man

You will probably be aware that 137 year old *The Green Man* pub in Hodsoll Street burnt down last year after being hit by lightning. At the height of the blaze in the early hours of June 16, five fire engines fought the flames and water was drained and pumped from a nearby swimming pool to help put them out. The pub's timber frames were wrecked and the roof was destroyed such that the building had to be demolished a few weeks later.

People living in the area have formed the Green Man Recovery Group to consider all options for funding the purchase of the site and rebuild the pub.

The Mu3a Money Matters Group, who incidentally meet in Hodsoll Street Village Hall, are watching the campaign with interest. They will pass on any information or offers of support to the recovery group or you can contact them directly at GREENMANRECOVERY@GMAIL.COM.

NEWS FROM OUR GROUPS COORDINATOR

News from our Groups

If you need to contact Sue, your groups' coordinator, about anything to do with groups, please get in touch via the website, email her at mepgroups22@gmail.com or speak to her at the monthly Members Meeting or a Coffee Morning.

New Groups

Sign Language has 3 potential participants already and would appreciate having a few more to make a viable group.

Play Reading is almost ready to start with 7 members on their list. Please let me know if you would like to be part of either of these new ventures.

French

There are now 4 French groups. These are known as French Improvers 1, 2, and 3 and Intermediate French.

Chess Group is seeking more players. They meet Wed pm fortnightly, in member's homes.

Daytime Current Affairs meets on the last Fri of each month, and would welcome new members.

Please note

The Orchard Theatre Group has now closed due to safety issues in the current Covid pandemic. A big thank you to Mary Moss for acting as the contact for this group. Mary now wishes to stand down so if you would be interested in potentially restarting this group when restrictions are eased please contact Sue.

COFFEE MORNINGS

The Meopham U3A coffee morning is held at the Cricketers Pub in Meopham on the last Monday of each month from 10:00 to 11:30.

This is a great opportunity to catch up with your committee and fellow members over a cuppa. If you are a new member you are especially welcome to come along so you can find out how to make the most of your membership and ask any questions you may have. Friends and neighbours who are interested in finding out about Mu3a or who wish to join are very welcome to come along too so please invite them.

The next gathering will be on 31 January 2022.

BIG GARDEN BIRD WATCH 2022

In 2021 than 1 million people took part in the Big Garden Bird Watch and the 2022 watch is later this month. Simply count the birds in your garden, in a local open space or park for one hour between 28th and 30th January 2022 and report you findings on line. Your support for this RSPB initiative will be much appreciated and help to build up a picture of the current bird population across Britain.

Visit <https://www.rspb.org.uk/get-involved/activities/birdwatch> to find out more. If you would like a guide to the birds you may see you can down load and print one from this site too.

The RAF Photographic Competition 2021

The RAF recently announced its winners after nearly 1,500 images and more than 50 videos were submitted for the various categories in this annual competition.

Visit

<https://www.forces.net/news/results-are-stunning-shots-rafs-2021-photographic-competition>

to see for yourself . You will also find a link to the Army competition on this link.

MEN'S SINGING GROUP ON TOUR

Having taken all possible precautions ourselves and with re-assurances from the venue (not strictly a care home and with no cases of covid and all staff and residents triple jabbed) the men's singing group have just made a visit to entertain the residents. The concert was very well received and will hopefully be the first of many .



END OF THE BULLETIN