



Newsletter 26-02-2022

Learn, Laugh, Live
SPECIAL DISCOUNT RATE £18
 USE PROMO CODE: **u3a**

SOUTHPORT U3A TO BUILD A SHOW GARDEN & EXHIBIT AT THIS YEAR'S FLOWER SHOW

Yes, after a two year absence the Southport Flower Show is back with a bang. Bigger than ever and with a whole host of features and personalities, the show which is the largest Independent Flower show in the country will be running from 18th to 21st August.

And this year Southport u3a will be an integral part of it. Our Gardening Group will be building a **Show Garden** to celebrate 40 years of the u3a in the UK. We will be exhibiting on behalf of both Southport, but also nationally - and our performing groups will be helping entertain the visitors. **AND we are able to offer ALL u3a members a discounted ticket by going into the [Flower Show website](#) and entering our Promo Code:- **u3a****

A growing list of personalities is being announced

Both gardening experts and culinary experts will entertain and inform in the various marquees around the Show Site.

In the Cookery Theatre the popular pair - Si King and Dave Myers, aka The Hairy Bikers, will be back to entertain and demonstrate their signature dishes.



Still in the Cookery Theatre, our own Ellis Barrie, NW winner of TV series, *The Great British Menu*, will be passing on tips and demonstrating why he is one of the hottest chefs around.

Of course, no Flower Show would be complete without a gardening expert, and this year, Adam Frost of *Gardeners World* will be hosting Q&As



And to keep the kids happy while you are enjoying the Show, Justin Fletcher (Mr Tumble) will have two shows running in the Garden Theatre.



COME AND VISIT US



The Gardening Group are thrilled and excited to undertake this Show garden. We have some great ideas for it and we

want many of the other u3a groups to participate. We hope that this Show Garden will encapsulate all the great things we stand for in the u3a.

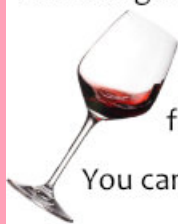
Lisa Fryer, Group Leader

FOR TICKETS GO TO:
www.southportflowershow.co.uk
AND USE PROMO CODE - u3a



In January, twenty eager wine enthusiasts from Wine Group 4 gathered at Café Bar N'ista in Birkdale to taste six amazing wines followed by a delicious Paella dish.

The wines were provided by Majestic Wines and Hattie the Sommelier talked us through the background of each one as we tasted and scored it. The champion, a luscious bottle of White Port was won by Andy Sweeney.



There was a very hard quiz mainly for the wine buffs, overall it was a delightful & fun evening in good company plus a chance to taste some unusual wines.



You can see the wine descriptions and the groups' rating of each wine below.

Cave Vinicole de Hunawihr 'Calixte 5' Cremant d'Alsace Brut £13.99 12% abv

After the Second World War, Alsace was still recovering from German occupation. A group of Alsatian winemakers banded together to reignite their local wine industry. This was when Cave de Hunawihr, the first wine cooperative in Alsace, began. They would spend their days tending vines together and their nights reconstructing the winery buildings, which still stand today. This is their classic Crémant d'Alsace - the signature sparkling wine from the region. The base wine is aged for several months in oak. This gives it a subtle spicy character alongside notes of flowers and plums.

82%

Taylor's Fine White 50cl £10.00, 20% abv

This is a rich, full-bodied port made from white grapes on the dizzying Douro slopes. It's deliciously fragrant with notes of honey and oak and a long, smooth finish. Serve with 2/3rds premium tonic water, over ice, and add a slice of orange and a sprig of mint for an excellent long drink.

79%

Berton Vineyard Fiano 2021, Riverina £9.00, 12.5%abv

Italian grapes are becoming the hottest trend in Australian winemaking. This Fiano is made by Berton Vineyards in Riverina where abundant sunlight and limestone-rich soils encourage a deliciously aromatic style. Each textured sip reveals a palate of lemon zest and orange peel with gentle hints of jasmine.

70%

Von Der Land Zweigelt 2020, Austria £9.00, 13.5%abv

This Austrian wine is a project between the prestigious Bauer family and one of the country's leading wine experts, Ferdinand Mayr. Von der Land is a celebration of the expressive quality of the Austrian land. Discover notes of cherries and a touch of oak. Enjoy with roast duck.

76%

Routes Catalanes Rouge 2020, Côtes Catalanes £8.00, 14%abv

Catalanes is nestled between the the Mediterranean sea, the Pyrénées and Corbières mountains. This region is a melting pot of French and Spanish cultures, and this reflects in this plump, juicy red. It's a blend of predominantly Syrah and Grenache that has flavours of blackberry and dark cherry and a smooth, easy-going palate. An excellent match for pizza or tomato-based pasta.

71%

Tarima Monastrell Alicante 2020 £8.00, 14.5%abv

The vineyards at Bodegas Volver are a winemaker's dream. Located 2,000 feet above sea level, some of them are as old as 90 years. This means low yields but an amazing concentration of flavour in the few grapes. Never tried a wine from Alicante? Take one sip of this wine, and you'll wonder why you didn't sooner. The powerful flavours of bramble fruit and dark cherry are lifted by an elegant floral finish

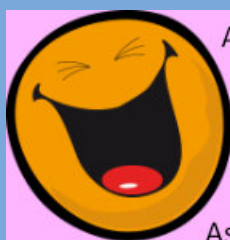
69%

Jobs for the Garden in March



- Pick off developing seed heads on Daffodils & other spring bulbs but leave the foliage to die back naturally
- Plant faded forced bulbs out in the garden for blooms next spring
- Plant Lilies and other summer flowering bulbs in pots and borders
- Finish pruning Roses early in the month
- Plant new Roses and other shrubs and climbers
- Feed ericaceous shrubs such as Rhododendrons, Azaleas, Camelias and Pieris with an ericaceous fertilizer
- Scatter general-purpose fertiliser over flower beds and around Roses, shrubs, and hedges
- Check plants that have been over-wintered in a cold greenhouse and remove any dead or mouldy foliage
- Check tender new shoots for aphids, and remove before infestations get out of hand
- Sow native wildflower seeds in trays or modules, to produce plants for a mini meadow

Tips provided by the [Gardening Group](#)



After putting her grandchildren to bed, a grandmother changed into old slacks and a droopy blouse and proceeded to wash her hair.

As she heard the children getting more and more rambunctious, her patience grew thin.

Finally, she threw a towel around her head and stormed into their room, putting them back to bed with stern warnings.

As she left the room, she heard the three-year-old say with a trembling voice,

"Who was THAT?"

The U3A Textile group (patchwork and quilting) went to the Palm House in Sefton Park on Friday 11th February.

learn,
laugh,
live

We all went by train from Southport and were joined by members from Birkdale and then Ainsdale to St Michaels.

After a leisurely walk we arrived at Sefton Park and enjoyed a coffee break before going to the beautiful Palm House which was built in 1896 in a style similar to the Crystal Palace.

There was a textile exhibition set out inside the Palm House which we all enjoyed very much and it was quite inspirational.

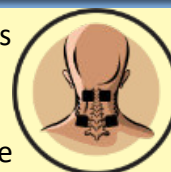
We had lunch in the Palm House too and then spent time walking around the park itself. It was a lovely sunny warm day and when we all arrived back at the station to get the train home we had all had a really great day out.

Jannice Crawford



The Patchwork and Quilting groups are currently looking for new members. If you are interested in joining them please visit their [group pages](#).

If you can put up with all of the adverts on the page, this is a very interesting article about the human neck. If you suffer with your neck it may provide some points of thought for you.



Click [HERE](#) to read the article.



WOMEN IN HISTORY



1. In which year did Valentina Tereshkova become the first woman in space?
2. Marie Antoinette was the wife of which French King?
3. To which organisation did Beatrix Potter bequeath over 4000 acres of countryside?
4. Who captained the England women's cricket team to victory in the 1973 World Cup?
5. Which woman was the last Pharaoh of Ancient Egypt?
6. Which French singer was known as "The Little Sparrow"?
7. Which 17 year old schoolgirl was awarded the Nobel Peace Prize in 2014?
8. On which denomination of English bank note did prison reformer Elizabeth Fry appear?
9. Which woman was the only designer to be listed in the Time magazine list of the 100 most influential people of the 20th Century?
10. Which Argentinian First Lady was written about in an Andrew Webber musical?
11. Which novel by a female writer was voted in 2005 as the best British novel of all time?
12. On which British islands did Grace Darling assist in the rescue of survivors of a Forfarshire shipwreck of 1838?
13. Who did actress Grace Kelly marry in 1956?
14. Mary Wollstonecraft was the mother of which female novelist?
15. Who was the first female to hold the office of US Secretary of State?
16. Which British nurse was found guilty of treason in WWI and executed by Germans?
17. Which British author is considered to be the best selling author of all time?
18. Which Russian ballerina had a dessert named after her in the 1920s?
19. Often referred to as the "Queen of the Waves", which stretch of water was Gertrude Ederle the first woman to swim across in 1926?
20. What was the name of the first Briton to go into space?



Spring is such a delightful time of year, the pandemonium that was Christmas is behind us and after what was mostly a cold & dark January and February the days are getting longer the weather warmer, green shoots everywhere, the garden has woken up and everything is fresh and new and full of promise.

Most of us really do feel better in Spring and there's a scientific reason for it, the nights are shorter, so less melatonin (the sleep hormone) is released, so we have more energy, and the increased daylight triggers the release of serotonin, a brain chemical that helps to make us feel happier.

Spring officially starts on the 1st of March. The Spring Equinox, when the hours of daylight exactly equal the hours of darkness, falls this year on Sunday 22nd March and Easter will be Sunday 17th April, hoorah, an Easter in mid-April is always so much better and warmer.

Lots of things happen in Spring, we have the dawn chorus when the birds start to sing so beautifully just before sunrise. Sunday May 1st is International Dawn Chorus Day when the world celebrates nature's symphony and the wonders of birdsong.

It's the time when most creatures have their offspring, there's cute woolly lambs in the countryside and young life everywhere all of which makes us feel good.

Apparently, children grow faster in Spring than at any other time of the year, that's why it's always best to buy 'BIG' for the new school term in September so hopefully it should fit by Easter.

It's the most popular time to buy and/or sell a house, and the most popular time to get married.

And what about Spring Fever? Yes it really is a 'thing'.

Long ago, after the hardships of winter, folk would be deficient in vitamin B which would make their gums bleed and their joints ache, so they generally felt pretty miserable, and it was called 'Spring Fever'.

The term stuck but nowadays has rather different symptoms. Webster's Dictionary defines Spring fever as "a lazy or restless feeling often associated with the onset of Spring".



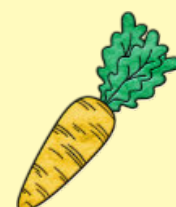
Back in the day it was the time for a major house clean but now we have cordless vacuums and are reasonably sanitary so it's much more fun to get out and enjoy the warmer weather.

Anyway, Spring is here, bleeding gums and aching joints or not be sure to get out there and delight in it if you can.

Postscript: For those of you that might be wondering why Easter is different every year, Easter is always on the first Sunday after the first full moon that follows the spring equinox.

This year the first full moon after the 22nd of March is Saturday 16th April, hence why Easter is on Sunday 17th April, hoorah again.

Diane Fitton



Karen Carpenter was well known for her vocal abilities, but how many people

know she was also a pretty handy drummer.



[Take a look](#) at this shortish video for proof.



Hands up those of you who can identify with at least one bit of this description of growing old?

Click [HERE](#) to watch the video.

The Meet & Eat group recently invaded Fuegos on Stanley Street.

Nearly 40 members enjoyed an excellent meal, served by brilliant waiting on staff and all for an extremely good price.

Robin provided a 'Scouse Quiz', which had us all using what is left of our brains and led to groans all round at some of the answers.

An excellent evening, thanks Robin.



The Let's Go group are arranging a viewing of the new 70mm version of 2001: A Space Odyssey.

Although this is under the Let's Go banner, it is open to any Southport u3a member. If you are interested in attending, click [HERE](#) for more information about the film and joining the event.



Anybody fancy a Southport u3a yacht? If we all club together we may be able to afford one, but perhaps not like those in [this article](#).

Taxi travel is looking up!

If your taxi is forever getting stuck in traffic, while you wait in the rain, [this may just be the news](#) for which you have been waiting!



Take a look at some 'classical' comedy. It may not be quite what you are expecting, but don't worry as it is pre-watershed material.

Click [HERE](#) to watch the video.

Brian Mitchell is proposing to hold 3 cookery classes at [Suay Asian Fusion Restaurant](#) in Formby on the following Sundays: 25 September, 30 October and 27 November



Each class has a maximum of 6. Currently September is full, October has 5 spaces and November has just 1. As those dates are a long way off he is still asking for more people interested to add their names to [Beacon](#) as he is expecting some changes.



WOMEN IN HISTORY



Answers

- | | | |
|------------------------|------------------------------|-------------------------|
| 1. (16th June) 1963 | 9. Coco Chanel | 15. Madeleine Albright |
| 2. Louis XVI | 10. Eva Peron (Evita) | 16. Edith Cavell |
| 3. The National Trust | 11. Pride and Prejudice | 17. Agatha Christie |
| 4. Rachel Heyhoe-Flint | 12. The Farne Islands | 18. Anna Pavlova |
| 5. Cleopatra | 13. Prince Rainier of Monaco | 19. The English Channel |
| 6. Edith Piaf | 14. Mary Shelley | 20. Helen Sharman |



The new Highway Code changes are designed to help keep cyclists safe, but not every situation is covered.

Click [HERE](#) to watch a short instructional video.

A woman, cranky because her husband was late coming home again, decided to leave a note, saying

"I've had enough and have left you...don't bother coming after me" Then she hid under the bed to see his reaction.

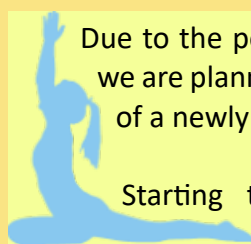
After a short while the husband comes home and she could hear him in the kitchen before he comes into the bedroom.

She could see him walk towards the dresser and pick up the note... After a few minutes he wrote something on it before picking up the phone and calling someone...

"She's finally gone...yeah I know, about bloody time, I'm coming to see you, put on that sexy French nightie. I love you...can't wait to see you...we'll do all the naughty things you like".

He hung up, grabbed his keys and left. She heard the car drive off as she came out from under the bed. Seething with rage and with tears in her eyes she grabbed the note to see what he wrote...

"I can see your feet - We're outta bread: be back in five minutes"



Due to the popularity of the first yoga group we are planning a second group, with the aid of a newly qualified instructor.

Starting the group will depend upon having sufficient interest and a person (or persons) willing to take the register and collect/bank the fees. I run the first yoga group and this only takes about 10 minutes each week.

The sessions would take place in the morning, starting at 10:30 and the possible days are Monday to Thursday.

If you are interested in joining this group please contact [Dawn Oldfield](#). In your email please state your preferred day(s) and whether you would be willing to be the group contact.



The Cycling For Fun group will shortly commence its 2022 season, with the first ride scheduled for Wednesday 30 March.

The route and starting time will be advised to all group members shortly.

Rides take place fortnightly on a Wednesday from spring through to autumn and are usually between 10 & 15 miles. The routes are mainly along cycle tracks and quieter roads, where possible, with a stop along the route for refreshments.

Please contact David Moore, Derick Oldfield or Alan Moore via the [group page](#) on our U3A website for any further details.

MARCH 1ST IS ST DAVID'S DAY (DYDD GWYL DEWI SANT)



In case you didn't know (where have you been!) St David is the patron saint of Wales.

Born in South Wales in the late fifth century, he became a renowned preacher and founded a monastery, which is now the site of the magnificent St David's Cathedral on the Pembrokeshire peninsular.

He was a devout Christian and ascetic; he and his monks followed a simple and austere life. They ploughed the land by hand and didn't eat meat or drink beer. St David himself was reputed to only consume leeks and water, possibly the reason the leek became a symbol of Wales.



His vocation was to spread the message of Christianity and encourage his followers to care for the natural world. He founded 11 churches across Wales, Brittany, and Southwest England, possibly including the Abbey at Glastonbury and there are still numerous churches named after him.

He is credited with many miracles the most famous being when he purportedly raised a hill beneath his feet so that the crowds at the back could hear him preach, a white dove

landed on his shoulder and became his emblem. Legend has it that at the time he was petitioning the people to vote for him to be Archbishop, anyway a miracle hill and a dove did the trick, and he became Archbishop of Wales.

There is a myth that he was asked to slay a dragon (as St George is famous for) of course as a vegan and nature lover he refused but sought out the dragon anyway and had a nice heart-to-heart chat. Apparently the dragon was having a few problems at the time. The story is in Welsh so maybe a bit was lost in translation, but it does make St David sound like a very compassionate and considerate chap.



St David is said to have lived to be 100yrs old which is a mighty impressive age to get to in the 6th century. He died on March 1st in 589 AD so this became St David's day and in the 18th Century it became a National day of celebration.



He was buried at the site of St David's Cathedral, where his shrine was a popular place of pilgrimage throughout the Middle Ages.

In non-Covid times annual parades are held in Wales to commemorate St David's day, the largest being in Cardiff, when it is tradition for Welsh people to wear a daffodil (cenhinen Bedr) or a leek (cenhinen).





Local History Group

Volunteers Needed



“When I first started helping as a leader for this group, it had about 30 members. Over the years the number of leaders has grown and also the numbers of members. Our membership is now 150 so it's been decided that we must close the group to new members. This is not an easy decision to make as we appreciate that members are happy to have the opportunity to explore local venues and places of interest, and learn more about the amazing history which surrounds us. And of course, there is always the opportunity to meet and socialise with others.

We currently have plans in place which will take the present group forward in the forthcoming months but it is becoming clear that we need a new group! Obviously, this is a big undertaking but the present leaders are happy to help and one-way of making it viable would be for the second group to mirror the activity of the first so the organisation of the second group would be reduced to a minimum.

So, if anyone feels like trying to help out by starting another (SMALLER!) Group, please email me using the link on the [Local History web page](#) and I and the other leaders will be pleased to discuss the possibility and how things would run.

Running a group has its own rewards. It helps to keep the grey cells working in many ways and of course there is the pleasure of knowing that in undertaking the trip or tour, you have given members a chance to learn about the locality and enjoy meeting others.

We feel our group fulfils the motto of the U3a Live, Laugh and Learn!”

Jean Berry

Local History talk 23rd February



A group of over 50 members were entertained by Rob Mason with his Music and Memories. Rob is an entertaining performer who mentions a variety of things from "ollies"(marbles!) to clogs, local dialects and the "Knocker.upper!" His music is full of local Lancashire dialect and he encourages audience participation. There could be no better way of spending a cold February morning than being entertained by Rob. We last saw him in January 2020 and as he says BC now has a new meaning " Before Covid!" As you can see from the photo there are smiles on people's faces and everyone enjoyed the morning.

We will look forward to seeing Rob again possibly later in the year.

Our next trip is a coach to St Helens Glass Museum on 12th March where we will learn about the history of glass making in St Helens and enjoy the food offered by "Hotties" Cafe.



As much as Pooh missed Piglet, he really did enjoy that pulled pork sandwich.

