

Well 2022 has been... ...and gone.

Life is slowly returning to normal for the majority of people, with flu overtaking Covid for hospital admissions.

Southport u3a continues to go from strength to strength. Member numbers are up, our groups are increasing in number (and sometimes even capacity) and we have a new membership system in place (more about that later).

2022 was also the last year of Viv Pullman's reign and we would like to take the opportunity to thank her for all of her hard work. Next year we will have a new events team, who have promised some exciting things will be happening!

Of course, we can't reminisce about 2022 without a mention of the spectacular success that was our Gardening Group's (plus various hangers on) presence at the Southport Flower Show! Being confronted with having to build a show garden, instead of just a stand, had to be really daunting, but they stepped up to the challenge and took the show by storm!

Not only did they win a big shiny trophy and a (less shiny) award certificate, they put Southport u3a well and truly on the map. Proof, if proof were needed, that we have a wealth of talent in our ranks.

Have a good New Year celebration and a Healthy, Happy and (hopefully) Warm 2023!

After months of testing, the Southport u3a implementation of Simple Membership went live in December. No major change is ever without a few little hiccoughs and we had a couple. Overall though, the transition has been fairly smooth.



Although there are many benefits to adopting Simple Membership, this is a major change from Beacon and it will take a little while for members and leaders to become fully proficient in its use.

A support team has been put in place, who will be sharing the workload of helping resolve any problems. So, if you are struggling with something, [fill in the support form](#), giving as many details as you can to help resolve your issue quickly.

One of the big differences between SM and Beacon is that it is a living product. There is a development roadmap, which is constantly being updated and releases made, with improvements requested by the various u3a customers. For this reason, if you think of anything which you believe would improve our members' experience with the system, please feel free to send it in, again using the support form.



1 Built for the 2008 Olympics in Beijing



2 Famous House owned by Princess Royal hosts Horse Trials



3 Island town on the South Coast hosts an annual yachting event



4 Home of Newcastle United FC



5 Home of Scottish Rugby National team



6 Home of Middlesex County Cricket Club



7 Home to the largest Marathon in the World



8 Home to the 2014 Winter Olympics



9 Annual Home of the Masters Golf



10 Home of The French Open Tennis

I am happy to report that we have a member who is happy to take over from me next year as the Membership Secretary. However, as our membership has grown a lot and for various logistical reasons, it makes sense for this to become a two person job. So, therefore I am looking for a volunteer to become Assistant Membership Secretary to work as a two person team.

This will require you to share attendance at the monthly meetings and to share the general dealing with our members, existing and new. You will work together on all aspects of membership, including being able to update the new membership system with new member applications. You will deal with membership queries and help members wherever possible. You will also be the first point of contact for all mail applications.

This is a satisfying job, which I have enjoyed for the last five years, bringing you into contact with and helping our members. Although I do not officially stop until the end of next year there will be an opportunity for you both to help with jobs, such as membership renewal early next year which will give you a better understanding of how it all works. We will work out a steady handover of the tasks during the course of next year ready for you both to take control. Please apply to me in the first instance if you are interested in this. (membership@southportu3a.org.uk)

Jim Hay, Membership Secretary



Over the past few years. the OYCZ group has definitely lived up to their name. Members have had a great time doing things

that they may never have thought they would ever do.


Brian, the OYCZ Group Leader, has made an appeal for Southport u3a members to provide him with ideas of new things to be experienced. If you have any ideas, no matter how wild and wacky, send them to him and he will see which ones gather interest.




Members have already sampled cocktails, painted and made pottery. They have wallowed in chocolate and been 'Spooked' in Speke. What else can you come up with?

[You can contact Brian via the OYCZ group page](#) (you need to be logged in to Simple Membership in order to do so).

SIMPLE MEMBERSHIP TIPS

The new membership system has been in almost a month now, so I'm sure most of you have had chance to get to grips with it. If you are not yet up to speed, here are a few tips for you.

The most important thing to note is that you can view groups and events without logging in, but in order to join in you need to be logged in. You can tell if you are not, because you will only see the  symbol when you visit any group or event pages.

When you are logged in, you will see a selection of these    symbols when on group or event pages.

These allow you to print the page, email the group or event leader(s) or apply to join a group if you are not already a member. When viewing events, you will only be able to join the event if you are a member of the group running it. The invitation to join is just above the event description.

LOCAL HISTORY GROUP HEAR ALL ABOUT “JOHNNIE WALKER”



After the first successful visit early November, Local History paid a follow up visit to Bootle Town Hall and as with the first group we were impressed with the interior rooms including the regalia!

However, it was good to see that one of the famous wartime heroes who was based at Gladstone Dock in Bootle had some commemorative items on display including the gates from the house in which he lived! I am referring of course to Captain Frederic John “Johnnie Walker” who although born in Plymouth is famous for his heroic actions in the Second World War and the Battle of the Atlantic. He was one of the first to volunteer for training at the newly formed anti-submarine school and was initially given command of HMS Stork in 1941 as part of the 36th escort group crossing the Atlantic.

He had new ideas about protecting the convoys which were so vital in helping the allies to win the war, and he actively hunted the submarines rather than reacting to them. He was extremely successful and was hailed as a local hero by the people of Bootle. He also took part in the D Day Normandy landings and spent two weeks protecting ships heading to France.

Sadly, he died shortly after this due to the strain of his continued efforts in fighting the enemy at sea.

There is a statue of him at the Pierhead in Liverpool and a visit to the Atlantic War Rooms in Liverpool will give more information about him.

The Council chamber (*where the local political battles are now fought on a regular basis!*) has a small memorial with statues and plaques with information about him and the ships under his command.

An enjoyable visit, all praise to Myra who arranged this most enjoyable tour.

Deck The Halls!

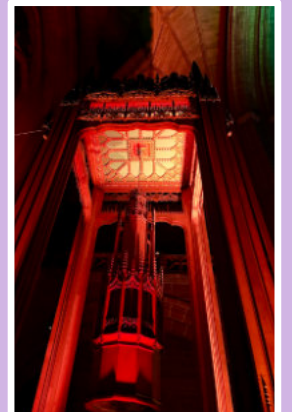
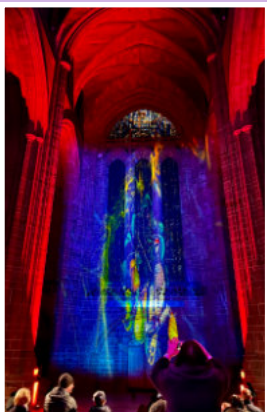
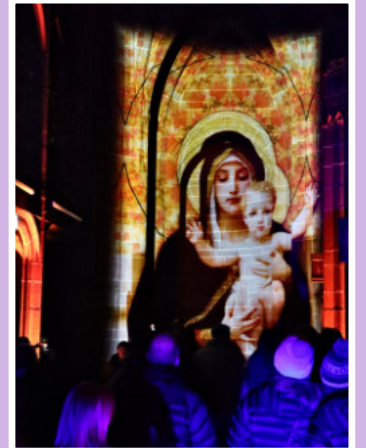
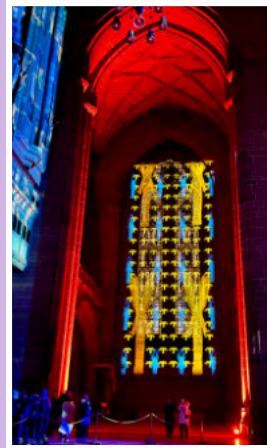
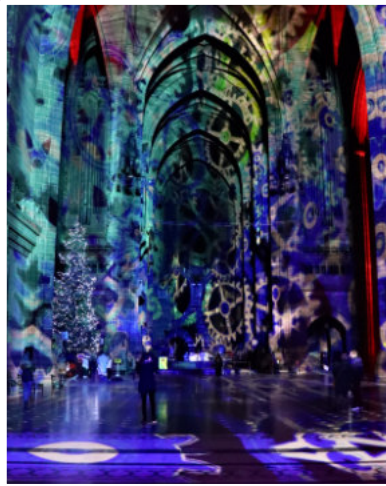
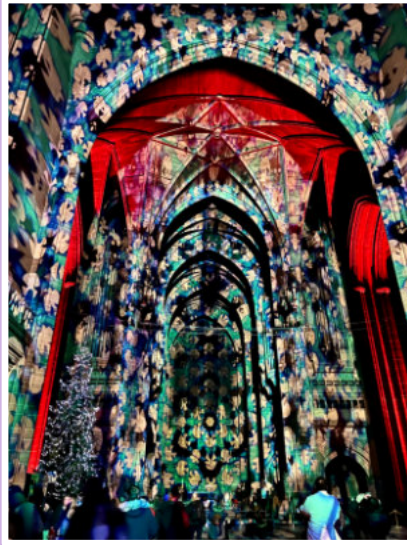
Gardening Group members got into the festive spirit and enjoyed a fabulous and magical tour around Leighton Hall all decked out for Christmas. On arrival we got delicious mince pies plus tea or coffee in the beautiful conservatory. Our guide was Susie Reynolds, owner of the house and former High Sheriff of Lancaster, an amazing lady who greeted us like guests and entertained us with the fascinating history of the hall and its residents over its 800 years.

The hall is very much a home, no cordoned off areas or holly on chairs, a most relaxed and unstuffy of stately homes, with huge fires crackling in nearly every fireplace. It was the home of the famous Gillow furniture making family and we got to sit around the marvellous 'Gillow' table in the dining room. When we finally dragged ourselves away, it was off to the Bay View Garden Centre, which overlooks Morecambe Bay for a delicious lunch & some Christmas shopping. The weather was perfect, we all had a wonderful day and came home feeling very Christmassy!

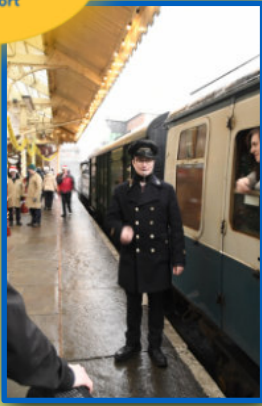


LIVERPOOL CATHEDRAL CHRISTMAS LIGHT SHOW

For a week in December the inside of Liverpool Cathedral was converted into a gigantic light show, accompanied by music, illustrating the many aspects of Christmas. Here are some pictures taken at it, and if you [CLICK HERE & HERE](#) you will be able to see two short video clips giving you the effect with music.



COACH TRIPS "SANTA SPECIAL" TRAIN RIDE

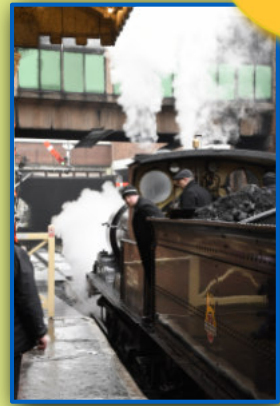


Derek and Anne took their Coach Trips Group on a very special train ride on a steam train from Bury.

It all got off to a great start with the station decked out with Christmas tableaux, and many characters dressed up, to keep us amused, as we waited on the platform to board. Before we boarded we all had a goodie bag with Mince pies and a small bottle of Baileys.

On the train to entertain us were fairies, elves, a brass band, and, of course Santa himself.

And there was time for us all to descend on Bury market to buy Christmas Fair - and especially lots of Bury Black Pudding!!



IT'S CHRISTMAS!!!!



Gardening Group Christmas Lunch

learn,
laugh,
live,

The Gardening Group started their Christmas celebrations early, on the 7th December we all enjoyed a delicious Christmas lunch at Chez Moi, excellent company, yummy food and plenty of wine had everyone in the Christmas spirit, even the cracker jokes were funny! Our jolly crowd filled both rooms at the restaurant and couldn't believe they had cooked such a fabulous meal in the tiny kitchen in between. We were all having such a good time that at least four groups of people looking in through the window tried to join in! **Merry Christmas and Happy Gardening everyone**



Wine Appreciation 3 had its Christmas party on Thursday. Hosted by the Birchalls, we enjoyed good food and good wines (provided by those attending) in great company. We were entertained by our very own poet laureate aka Adrian Porter and had fun with two lighthearted quizzes. As you can see from the photo, we were very honoured as Santa joined us for a drink.

Brenda Jones' **Beginners Bridge Group** had a festive session this month. As well as making and breaking a variety of contracts, the group enjoyed mince pies and proudly displayed a number of Christmas jumpers before breaking for Christmas.

Anyone interested in joining should contact Brenda ahead of the next meeting on 9th



The **Drama Group** Christmas meal at the Bold on Lord Street was enjoyed by all. There was a good turnout despite the inclement weather.

We are in rehearsal for our annual panto, which due to various circumstances will be held on March 18th and 19th this year. It is Treasure Island and will be the usual blend of fun and mayhem.

Watch out for tickets on sale at the meetings and we look forward to seeing you there!



Representatives from **all four Book Groups** held their Christmas party at Catherine Mcnair's home.

The evening started with a glass of fizz, each group then talked about their favourite book of the year, followed by a buffet, we then played charades - all books of course.

As you can see from the photo we had our own little elf helper. A fun night was had by all.



The **U3A Stitchers Group** met at the Imperial in Southport on Friday 16th December to enjoy an end of term Christmas Lunch. We are a group of 16 ladies who come together in friendship and fellowship while we develop various textile designs and techniques.

We meet at the Fleetwood Hesketh Cricket Pavilion on the 1st and 3rd Fridays of the month.

After our really lovely lunch we had a secret Santa and then spent the afternoon enjoying each other's company.

Unfortunately some of our members could not join us.

We start the Spring term on 6th January, which for many people around the world is also Christmas the Feast of Epiphany

Jannice Crawford

Tai-Chi 5 took a break from learning the moves to put some moves on their Christmas meal



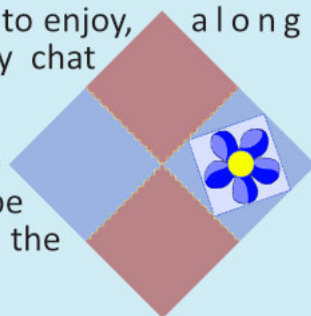
The Patchwork and Quilting group are actively looking for new members.

They meet 1st & 3rd Fridays monthly, from 1:00pm to 3:30pm, at Maplewood, Cambridge Road.

Members bring their own projects to work on. Some are creating quilts of various sizes, others making bags, table runners, cushion covers and bedspreads.

There is a lovely cuppa to enjoy, along with biscuits and lively chat whilst sewing.

Dawn McCone is the group leader & can be contacted through the website.



Unfortunately, the three proposed Asian cookery, intended for 2023, have had to be cancelled.

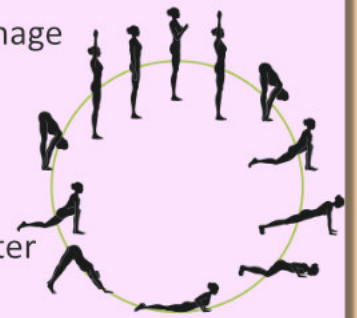
Wellness is not just for Christmas!

learn,
laugh,
live

We all know that regular exercise is beneficial, but it isn't always easy to work up the motivation and even, when we do, the chosen exercise may not actually be right for us.

Luckily for you, Southport u3a have three yoga classes each week and at least two of them have vacancies. Yoga is proven to bring the following benefits:

1. Yoga improves strength, balance and flexibility.
2. Yoga helps with back pain relief.
3. Yoga can ease arthritis symptoms.
4. Yoga benefits heart health.
5. Yoga relaxes you, to help you sleep better.
6. Yoga can mean more energy and brighter moods.
7. Yoga helps you manage stress.
8. Yoga connects you with a supportive community.
9. Yoga promotes better self-care.



Don't just accept what we say, [contact the yoga group leaders via our website](#) and try it for yourselves.



If you need a little help, logging in to our new membership system, we have a suite of videos which may help. [Click here to visit the page.](#)

When setting your password, the guide on the reset screen will help you make sure that you have a strong password, essential in these days of hackers and scammers.

Your password must meet the following requirements:

- ⊗ At least 1 lowercase letter
- ⊗ At least 1 uppercase letter
- ⊗ At least 1 number
- ⊗ At least 1 symbol
- ⊗ Be at least 8 characters long



Notice is hereby given that the Annual General Meeting of Southport u3a will be held at Christ Church, Lord Street, Southport on Thursday, 2nd February 2023 at 10:30am.

Motions, proposed and seconded, must be made in writing to the Secretary, Brian Muddiman, at the address below by 12 noon on Thursday, 5th January 2023.

Apologies for non-attendance can be sent to the Secretary at the address below.

One item of business at the meeting will be the election of committee members. Current members of the committee are:

Chair – Paddy McNeish
Vice Chair – Christine Howorth
Secretary – Brian Muddiman
Treasurer – Pete Lawler (co-opted)
Membership Secretary – Jim Hay
Group Activities Coordinator – Dawn Oldfield
Social Secretary – Viv Pullman
Newsletter Editor & Web Admin – Ian Homewood

Paddy McNeish and Jim Hay having been originally elected in accordance with the provisions of the 2018 Constitution continue their term of office. Viv Pullman is standing down.

All the other committee members, having been elected or co-opted in accordance with the provisions of the 2022 Constitution require re-election each year.

Nominations are now invited for the following:

Vice Chair
Secretary
Treasurer
Plus up to seven other committee members to fulfil various roles including those of Group Activities Coordinator, Events Organiser, Newsletter Editor & Web Admin and Assistant Membership Secretary.

Nominations for election to the Committee must be made in writing to the Secretary, Brian Muddiman, by 12 noon on Thursday, 5th January 2023 at the latest. Please note that the nominee must sign his/her agreement to his/her nomination and each nomination must be proposed and seconded by a fully paid up member of Southport u3a who is not a member of the Committee.

Minutes of last year's meeting, the agenda and the financial statements will be distributed by email. If you require hard copies of the above documents, please send a SAE to reach the Secretary at the address below by Thursday, 5th January 2023. Printed copies will not be available at the meeting.

Brian Muddiman
Secretary
63 Queens Road, Southport PR9 9JF

E: brian.muddiman@gmail.com M: 07761 790086

Charity No. 116448

1 - THE BIRDSNEST, BEIJING

6 - LORDS CRICKET GROUND

2 - GATCOMBE PARK

7 - LONDON

3 - COWES, I.O.W

8 - SOCHI, RUSSIA

4 - ST JAME'S PARK

9 - AUGUSTA, GEORGIA, USA

5 - MURRAYFIELD

10 - ROLAND GARROS, PARIS

"I regret rubbing ketchup in my eyes, but that's Heinz sight."

"Life Hack: When too tired to do all the things on your To Do List, try a To Don't List. Simply write all the things you're not going to do and then... don't do them. Huge sense of achievement with none of the effort."

"I've seen an article online asking if Scottish people are as tight as people say we are, but unfortunately it was behind a paywall. I'll never know."

"In his job my dad's never lost a case. That makes him Gatwick's top baggage handler."

"British people are like coconuts. Hard on the outside but sweet once you crack us. Also often found full of alcohol and holding an umbrella."

"They say some people 'inhale books'. I know someone who injects books right into his veins. Particularly ones with female protagonists. He's a heroine addict."

