



May Newsletter

CHAIRMAN'S MESSAGE

After all this time, it was so enjoyable to be able to celebrate Easter once again with family and friends. The weather was also playing its part, bringing Spring along on its wake; the garden coming alive again. People were enjoying the Parks, countryside, Coastal and river walks. And doing the things we have missed for so long. My big hope is that we can progress steadily, positively and that we can stay healthy as we move forward on our journey.

Continuation of the March issue "The Names of our Months"

The origins of some months were debated, even by the Romans themselves. One tradition had it that Romulus named April after the Goddess Aphrodite, who was born from the Seas' foam (aphros in Ancient Greek). Aphrodite, known as Venus to the Romans, was the Mother of Aeneas, who fled from Troy to Italy and founded the Roman race. The other version was that the month derived from Latin verb aperio, "I open".

There were similar debates regarding the origins of May and June. There was a story that Romulus named them after the two divisions of the Roman male citizen body, the maiores (elders) and iuniores (juniors). However, it was also believed that their names came from deities. The Nymph Maia, who was assimilated with the earth, gave her name to May, while Juno, the Goddess of war and women, was honoured by the month of June.

The numerical names of the Months in the second half of the year remained unchanged until the end of the Roman Republic. In 44 B.C. quintiles was reborn as Iulius, to celebrate the month in which the dictator Julius Caesar was born. This change survived Caesar's assassination and the outrage of the orator M. Tullius Cicero, who complained about it in his letters. In 8 B.C., Caesar's adoptive son and heir, the Emperor Augustus, had Sextilis renamed in his honour. This was not his birth month which was September, but the month when he first became consul and subjugated Egypt.

This change left 4 months, September, October, November and December, for later Emperors to appropriate, though none of their new names survived today. Domitian renamed September, the month he became Emperor to Germanicus, in honour of his victory over Germany, while October, his birthday month, he modestly retitled Domitianus, after himself. However, Domitian's arrogance paled in comparison with the megalomaniacal Commodus, who renamed all the months with his own Imperial titles, including Amazonius (January) and Hercules (October).

If these titles had survived Commodus's death, we would not have the problem of our year ending with the months carrying the wrong numerical names. But we would be celebrating Christmas on the 25th of Exsuperatorius (All Surpassing Conqueror).

Now For Something Different:

The sentence "The quick brown fox jumps over the lazy dog" uses every letter in the English language.

The Mona Lisa has no eyebrows.

The strongest muscle in the body is the tongue.

Ants take rest for about 8 minutes in a 12 hour period.

"I am" is the shortest complete sentence in the English language.

Coca-Cola was originally green.

Kind Regards to All,

Alan Harding

ATTENTION ALL MEMBERS!

Our AGM took place on Thursday 28th April with attendance of 45 members, fewer than we had hoped for after the long Covid gap of live meetings.

Among items discussed:

Margaret Cullen has volunteered to take over the Treasurer position after working alongside Ken for a while.

Barbara Lloyd has still needs to find a replacement but so far nobody has offered.

We still need another Committee member.

Due to the huge amount of work that Sandra Lakin has contributed towards our group both in the past as our original newsletter editor and as Chairman, until her health forced her to stand down and even now, in giving invaluable advice to the



Committee, Sandra has been voted in as President. She was an early member of our U3A, which she joined on moving to Wirral some years ago and has a wealth of experience.

An increase of £1 to £2 for our meetings at TWPG was approved due to a large increase in the rental costs of the room; now £85 a session. The annual membership charges remain the same, at least for this year.

There has been a considerable drop in membership since lockdown for a variety of reasons and we ask members to help in recruiting new members so that we can develop new groups to replace some that have been lost. Tell your newly retired friends about us!

We hope to be able to enjoy some outings before long and if any of you feel that you would be prepared to organise one – Ken would help with the financial side – or suggest one that you feel would be popular, please do. Anyone who would like to consider starting a new group should talk to Tony who will be able to give advice.

If the membership pulls together there is no reason that we should not be able to return the group to the lively one that we were before Covid but it will need a concerted effort!

Ed.

Brian's Musings



Digestion is the process by which we convert animal, vegetable and mineral food items into energy, much of which is dedicated to maintaining and repairing the physical body, some goes into activities of various sorts and quite a lot – often more than we can afford – goes into a wide range of emotions and thoughts. The whole process is seldom, if ever, straight forward and in-digestion is the consequence. This keeps a great many people both busy and in remunerative work.

But there are other sorts of food on which we are equally or even more dependent. The sensory input of our five senses and the motives and meanings into which we convert them are absolutely vital to the wellbeing of the organism as a whole. Deprived of adequate meaning, individuals fair badly indeed and should the meaning sources be negative, one may well survive them but poorly. An inability to covert and process the events and experiences that life brings to us into the relatively unpolluted and undefiled energies of life and consciousness leaves us with indigestion of quite another order.

As a child I was forbidden to run about after eating, a prohibition that at the time seemed pointless. “Sit down and digest your dinner.” I was told. I saw it as a process that required no special help from me. Now it is abundantly clear that my digestive system needs all the help that it can get. But no-one, as far as I remember, gave me good and reliable advice as to how I might best digest and process the impressions,

experiences, events and relationships of which my life was composed. My deepest, most profound and most painful questions remained unanswered.

Now I am at the end of my life, I am aware of the whole feast and famine, every last scrap of it, waiting in the psyche to be assimilated; well bits of it were assimilated 'on the hoof' of course. Fortunately I have remembered my parents good advice and have no desire whatever to go running around after the meal and fortunately I have the time – because I'm *making* the time – to bring as much of it as I can into consciousness and holding it there, as far as possible without blame, shame or regret, until its energy has been absorbed and I can let it go.

Blame, shame and regret are to the psyche what acid is to the stomach. They trigger reflux and past events come up and intrude on our waking consciousness in ways that defy remedy. They open ulcerous intrusions that can eat us away from inside. They do have the invaluable function however of letting us know that there are inner events that require remedial attention.

When I worked with cows I would go down the fields early in the morning to bring them up for milking. It took a lot of energy and some of them delighted in making my task more difficult. Eventually, when I knew them better, it became clear that all I had to do was open the appropriate gates and give them an initial call to let them know that I was there and they all came up on their own initiative and we all felt better for it.

And so it is with the psyche!

By sitting quietly and being still, centred in the moment, all sorts of long forgotten fragments of one's life can come into focus. Some will nourish us whilst others could just as well eat us alive – taking our energy and leaving us distressed; but remember! – No blame, shame or regret. Hold them in consciousness without judgement. It is amazing how difficult events can be deprived of the energies which could so easily erupt as irrational fears, nightmares or even physical complaints.

Before, with the exuberance of spring, we rush off to 'gather nuts in May' might it not be better first to look at some of the undigested nuts that we have been carrying around with us for the best part of a lifetime?

Brian Gill

Social Meetings 2022

Colin May 26th: John Elliot will talk about Hilbre Island and the birds which visit.



June 23rd: Tony Storey will talk about Covid 19 and its effects on the Cruise industry

July 21st: DVD: The Mersey Tunnel - 60years

Speakers (so far) 2022

May 12th 2022 John Michael Corfe. - The China Farm *Story*



9th

June 9th 2022 Keith Warrender. - Dunham Massey Ship Canal.

July 7th 2022 Philip Caine - Barrow to Bagdad

A Quick Note of Appreciation

Barbara Lloyd has recently retired from the Committee after many years' service. She is one of the founding members of our U3A and has served as Social Secretary for nearly all those years. Her notice board has always been the first port of call for new members who have yet to find a group.

The range of trips and outings she has organised has been huge – we have been to theatres, operas, cathedrals, parks, historic houses, bowling events in pubs and meals out in Liverpool, providing company and companionship to all members, especially those without a partner - and we have always been able to rely on Barbara to take us to the latest Matthew Bourne production at the Empire.

Very many thanks, Barbara, on behalf of all of us who have enjoyed the wonderful trips and events you worked so hard to organise.

Judy Whaley

WALKING GROUP Tony Swarbrick

New Walking Group Leader.

When we re-started the group after lockdown I agreed to lead the group on a temporary basis until the New Year until a long term leader came forward!



No new leader has as yet volunteered!!! I will continue arranging walks until Easter, but cannot promise to take on this role long term!!

If the group is to survive I need members of the group to come forward to arrange and lead walks. Please contact me if you are prepared to do this. Thanks to all who have supported the group in 2021. We all look forward to some interesting walks in 2022.

Art Appreciation Group Led by Bernadette Hamilton

On March 30th the Group met at the Williamson Art Gallery to view an exhibition of water colours by George Cockram. Colin Simpson gave us an introductory talk on the artist, whose work the Gallery owns a great deal of.

Many of the artist's paintings are of scenes recognised by locals as being of places in Wales.



George Cockram 1861-1950

George Cockram was born in Birkenhead and studied at the Liverpool School of Art from 1876-1884 under John Finnie. He became an established artist exhibiting regularly at the Royal Academy, the Walker Art Gallery and the Cambrian Academy.

In 1886 he moved to Conwy where he became involved in Tal-y-bont Artists Club and was elected as a member of the Academy. Later he became a member (and President) of the Liver Sketching Club.

In 1894 he moved to Rhosneigr where he built a studio and lived with his family. Many of his works are of the surrounding countryside and he often returned there after moving to Manchester in the 30s. He died tragically in a studio fire in 1950.

April 20th A VISIT TO THE LADY LEVER GALLERY

Bernadette led another visit, to the lady lever Gallery on April 20th, to view an exhibition of Japanese Prints by Kunichika. It proved to be a wonderfully colourful display which was beautifully arranged.

Bernadette for all



Our thanks to Bernadette for all her work in arranging these interesting visits.

GROUP NEWS

Discussion Group: **Tony Sullivan**

. The meeting in April will take place on April 26th. Anybody else interested in joining the group should email Tony Swarbrick at the address below.

groupcoordinator@oxtonu3a.co.uk

A Book and a Glass of Wine: **Judith Whale**

Meet on last Thursday of month. The group is full at the moment, but vacancies may occur if all do not return.



Amateur Astronomy

Paul Cullen, Judith Wylie

Paul will inform members of what events to watch out for.



Bridge:

Tony Swarbrick, Joan Parfect bridge@oxtonu3a.co.uk

Meetings will be in “The Cabin” at Trinity. Meetings on 2nd and 3rd Wednesdays each month, 10.30a.m. to 12. We meet to play friendly relaxed bridge, Joan and myself are on hand to offer advice to less experienced players and from time to time offer “teaching” sessions for people new to Bridge.



Book Club: **Mary O’Neill**

Mary will contact members shortly to make arrangements for restarting.



Creative Writing:

Monica Price

Anyone interested should get in touch with Monica, please. She will shortly be contacting group members for details of her restart.



Lunch Circle: **Colin Stredder**

The next Lunch Circle meeting will be on the 17th May at The Acorn Pub, Bebington at 12.45 for 1pm lunch.

June 21st will be Pesto at the Dibbinsdale Inn, Bromborough



Music Appreciation:

Paul Cullen

Meeting Wednesday 4th May in the Session Room at 2-4pm. Bring a favourite CD with you; it doesn’t need to be classical!



Walking Group: See below.

Rummikub:

2nd and 3rd Wednesday of the month in the Cabin. It is proposed that this Group starts on April 11th





Books and Jigsaws



Thank you everyone for thinning down the books and jigsaw collections; they are at a much more manageable number now and we can return to bringing in books and jigsaws for exchange again. In the interest of not getting stock in excess of storage space again, please keep to only bringing the number of books that you take – it seems to work really well!

Friendly Ear



If you know of any member who is sick, in hospital or in need of a friendly chat please let Mary Hamilton or Dot Matthews know. They will contact them to see whether they need help and send cards (where applicable).

Lunch Circle

May 17th: The Acorn Pub, Bebington. Meet 12.45pm for 1pm lunch

June 21st Dibbinsdsale (Pesto), Rabymere. Meet 12.45pm for 1pm lunch

Tea and Coffee Rota

May 12th Grieg Roberts

John Roberts

Kate Walton

26th May

**Barbara Riley
Marion Jackson
Magi Porter**

9th June

**Barbara Baker
Kathy Sullivan**

23rd June

**Dorothy Mathews
Ellen Wilson
Brenda George**

7th July

**Wendy Devonald
Lorraine Molyj
Joan Beedles**

Art Appreciation Group

**May 18th –
"Radical Landscapes"
Exhibition at the Tate Gallery, Liverpool**

**June 15th –
"The Tudors: Passion, Power and Politics"
Exhibition at the Walker Art Gallery, Liverpool**

**July 20th –
"Raphael"
Talk by Bernadette Hamilton
in the Session Room at Trinity with Palm Grove Church**



Bernadette Hamilton

Walking Group

Friday 29th April - Delamere



Leader Tony Swarbrick

6 Miles starting at Barnes Bridge Car Park.
Option to do just 4 miles on the flat, but you miss the great views!!!
Walk circles Blakemere Moss and takes in Pale Heights

Lunch: Bring a flask and Butties for lunch which will be at top of Pale Heights from where you have views of 7 Counties!!

Toilets. Apart from bushes, there are no toilet facilities at the start of the walk. We reach the Visitor Centre about 1 hour into the walk where there are good facilities.

We will have a short break here for coffee and a snack before tackling the climb to Pale Heights – a modest climb!!
Anyone wishing to do the shorter walk can have a longer break here before continuing at a leisurely pace back to car park by lower route.



Tony kindly sent these photos of what looks like a great walk at Delamere!

SUMMER SCHOOL 2022

Bookings are again being taken for the Summer School at Fusehill Campus, Carlisle, CA1 2HH. This is organised by the North West Region and has always had excellent reports. For further information regarding courses available contact Tony Swarbrick: groupcoordinator@oxtonu3a.co.uk
events@u3asites.org.uk

The next U3A meeting at TWPG is on May 12th

And finally.....

I hope that you all enjoyed the lovely Easter weather and that some of you managed a few days away after so many months of being unable to. As some of you will know, I have been much occupied for the last couple of months directing "Curtain Up" for the Carlton Players at the Little Theatre. However, as I write, the last night is tonight (Saturday April 30th) and I am going to take a break abroad, for the first time in two and a half years! How I have missed my regular jaunts, like many of you I imagine.

My return will be on May 30th and I'm afraid that the newsletter will be a little late on this occasion, so I hope that you will bear with me.

The Committee is ready to listen to any ideas for new groups and anyone who would like to start one should discuss it with a member of same.

My best wishes to you all,



Eliane Davie - Editor

