

September 2020

FROM THE CHAIR

Dear Friends



I hope that by now, most of you are managing to venture out a little bit more. The weather has not been kind to us, of late, so we can only trust early autumn will bring some brighter and sunnier days to encourage us to be more confident and adventurous.

September is when we officially start our new U3A session but we are still in the realms of the unknown with regards to the resumption of public meetings. With the recent localised spikes in the virus, it is looking more unlikely that the First Minister will allow this anytime soon. Also, we now know that the Memorial Hall, as is the case with all SLC halls, will not be holding any events this year. We have been in communication with South Lanarkshire Council and to date, we do not know if that decision is definitely applicable to us or not.

As I said previously, your committee is still meeting monthly on Zoom & is actively monitoring the general situation. Regular updates & advice are sent to us by Head Office, the latest being Covid safety guidelines for U3A interest groups in Scotland, which are available from myself or Loraine. Our speakers remain booked, for now, and the Christmas lunch booking is still in place as we have not paid any deposit. We would like to try and hold our AGM & are currently preparing the paperwork for this & exploring how best we could do it.

By now you will have received the new '20 – '21 renewal form to allow you to pay your subscription. The letter accompanying the form has explained the reasons for proceeding with collecting subscriptions. We are very fearful that we will lose members for lots of different reasons. eg. change of circumstances, fear of the virus or just because members have got out of the habit of attending regular meetings and activities. It is amazing how we adapt & accept circumstances, yet becoming used to a quiet life in the home, is often not good for us, either physically or mentally. Getting dressed up to go out & meet with friends is so beneficial and I, for one, haven't done much of that lately! I would therefore urge you to maintain your membership so we can keep communicating with you & so you can look forward to the valuable fellowship we enjoy in Lanark & District U3A.

It would be good if group leaders could give some consideration as to whether it's possible to safely adapt your group activity to allow some kind of interaction to take place. Could your group be divided into several smaller groups, meeting government guidelines, which could meet at different times. Could you set up a Zoom group for a discussion type of group? Some of the committee are willing to offer support to help you try this.

Continued

We need to think 'out of the box,' as a friend of mine often says, so if you can come up with any ideas then please get in touch with Loraine or post your thoughts on the L & D Group Facebook page. The committee have just tried a Zoom Coffee Morning, as an alternative to our monthly coffee morning in the Clydesdale Inn. I can report that it was very successful & was enjoyed by those who attended. Why not consider joining us? The next one is on Tuesday 6th October at 10.30am. Look out for an email, with Zoom details, nearer the time.

Due to the retirement of our two lunch club leaders, we are currently looking for two, regular lunch club attendees to take on this task. At least one of the two volunteers would require to be reasonably skilled on the computer to type up menu choices etc. We are also looking for a new Art Appreciation leader. It goes without saying that if leaders don't come forward then it will not be possible for these groups to continue. If you participate in & enjoy either of these groups, perhaps you could take a turn at leading and by so doing, contribute to the whole ethos of the U3A.

'For the members by the members.'

Please contact Loraine if interested.

Do please check our website regularly for meeting updates etc. www.u3a-lanark.xyz

Also, contributions to the L & D Group Facebook page are very welcome.

Meanwhile, keep safe and carry on!

Kind regards to all,

Margaret A Dunlop

Speaker Programme for 2020—21

Thanks to Rosalynn Moynagh for managing to establish the programme for this year. This was not an easy task.

The topics are wide and varied, unfortunately however some have been cancelled and others may have to be as well.

2020	Speaker	Topic
Sept	Dave Marshal	Yesterday once more – POSTPONED
Oct	Sandra Brown	Moria Anderson Foundation
Nov	Anna Gray	My Lamp's Gone Out
Dec		Xmas Lunch
2021	Speaker	Topic
Jan		L&D Scottish afternoon
Feb	Robert Henderson	Origins of Jazz
Mar	Elizabeth Allan	"Franklin's Legs" The story of Eleanor Roosevelt
April	Sheena McKinnon	Guide Dogs Volunteering
May	TBA	

Hopefully any that are postponed will be able to be presented at future meetings.

2020 - 2021

There have been a few changes to the committee since we last met.

Our thanks to Nelson Waters for all his hard work as Chair and his successful and productive time in office.

Committee members are:

Chairperson	Margaret Dunlop	Business Secretary	Elizabeth Bryson
Treasurer	George McDougall	Membership Secretary	Harry Jamieson
Publicity	Irene McDougall	Speaker Secretary	Rosalynn Moynagh
Webmaster	Robin Lee	Member	Jim Allan

L&D U3A Group

Lanark & District U3A set up a Facebook page for members. It now grown to 63 members who post regularly. It's private and can only be accessed by members. If you would like to join then log into Facebook as normal then search for 'L&D U3A Group' and request to join. This will be accepted if you are a member of L&D U3A. We are looking for ways of developing the use of the page. If you have any suggestions do get in touch and we'll see if we can take them forward.

Third Age Trust. (TAT)

As you know we are a member of TAT and they issue Newsletters , Competitions , Virtual Groups etc.

If you are interested in seeing what is happening in the U3A world, then you can register to be included. There are 2 newsletters, Bitesize Newsletter and the Monthly one, both of which you need to register for to get them, sent directly to your email address.

There is also a Facebook Group, U3A **Keeping in Touch** ,that has been set up, which allows all UK members that sign up to communicate and join in and share — competitions, quizzes, group and general information.

The TAT website ' www.u3a.org.uk ' hosts a good variety of information. You can access its resources and the support it offers to all its members. Well worth a visit www.U3A.org.uk

On a lighter note, this is a simple game of association. Can you get the answers.

CONNECTIONS GAME—Below are pairs of words. Your goal is to find a third word that is connected or associated with both of these two words. Take this pair as an example: PIANO and LOCK. The answer is KEY. KEYS on a piano and you use a KEY to lock a door. Solve the ones below:

1. SHIP- CARD
2. SCHOOL- EYE
3. PILLOW - COURT
4. RIVER - MONEY
5. BED - PAPER
6. ARMY - WATER
7. TENNIS - NOISE
8. EGYPTIAN - MOTHER
9. SMOKER - PLUMBER

Group Co-ordinator's Report

Hello Everyone, as these strange times continue I hope you are well.

During the next few weeks I hope to contact all the Group Leaders re their groups perhaps resuming in some way from September if at all possible. We will check possible venues and all H/S guidelines. It may be that for some groups it will be virtual.

I will ask that Group Leaders will contact their group members with suggestions of what may be possible. I sincerely hope that our existing U3A Groups can find ways of meeting in the next few months ensuring that your health and safety will be a priority while also being mindful of respecting your decisions re participation. Please contact me if you have any queries and/or suggestions.

Yours in Friendship. Loraine lanimers.ls@gmail.com. 07964-041374

Photography Group has resumed. Their first Photo shoot was at Castlebank Park, report follows.

Line Dancing continued via Zoom in June and July. It will resume in September

Our thanks must go to Janice Hay our Tutor and her daughter Rebecca for technical assistance

Themed dance sessions and Quizzes were some of the novel events these two stars organized to ensure that we had fun together as well as keeping fit !

All the members who were able to take part in our Zoom Dancing over the summer had a ball dressing up for special occasions and chatting with their friends.

Loraine

"Walkie Talkies"

Something different?

My daughter recently sent me a few examples of funny pairings that had me laughing. Why don't you try some of your own? Some of the examples are the originals, some we contributed of our own.

Stamp – lickie stickie

Defibrillators – hearty starty

Pregnancy test – maybe baby

Fork – stabby grabby

Socks – feetie heatie

Wasp – wingy stingy

Seagull – beachy screechy

Bank - loany moany

Last mint – solo polo

Postman – letter getter

Jan McNulty

Something different for everyone to enjoy.

The Ultimate Scotland Quiz.

Questions to see what you really know about Scotland.

These aren't patronising easy ones, like 'what's the capital of Scotland?', duh, but a little more interesting.

Eg: What type of fish is used in Cullen Skink?

Select this link to [Scottish Quiz](#) and test your knowledge and discover more about Scotland.

Scottish Canals and the Falkirk Wheel.

Select this link to Scottish Canals and the [Falkirk Wheel](#) celebrating 200 anniversary of the *Institution of Civil Engineers* whose members designed and built these canal structures:

360 canal adventures

Immerse yourself in the delightful scenery of some of the Canal and River Trust canals and rivers and explore them from all angles with our series of [360 virtual reality videos](#).

Brian McNally

Lockdown!

What a difficult time this has been for everyone, including me. As someone who is not used to being alone in the house for long periods and being used to many outdoor hobbies, I was looking for something to take up the long hours of the day.



Firstly, my daughter allowed me to keep her dog for several weeks till eventually I had to let her go back home as the family was missing her so much. Then, I thought, why not foster a dog that needs a temporary home? That would give me something to talk to, look after and be good company. Luckily my local vet had a little Border Terrier who needed a place till a permanent home was found for him. Buster was a joy to have for several weeks. Quickly making himself very much at home and loving a game with his ball, we had many long walks in the countryside till a suitable home was found for him. He is now living with a family of 3 dogs and plenty of space to explore.

While looking after Buster, I was asked to help a group to sew scrubs and masks for local hospitals. So, digging my long unused sewing machine out of the garage, I set down to cut, stitch, rip out and re-stitch. Thank goodness for my seam ripper! Many masks have now been sent to different places, such as Food Bank, SSPCA, Care Homes, and those requesting them through L and D U3A. Recently Beryl Armstrong and I joined together and sent £200 that we had received as donations for masks to Chest Heart and Stroke Scotland.

Now, thankfully, life is a little easier as, with care and being sensible, we can all get out more. Thanks must be given to my daughter and her family for helping to get me through this, I am so lucky to have them.

Lesley

I have been a busy bee.

Every time I thought I had come to the end of face mask making,

OH NO JUST LET ME PUT ALL THE SEWING THINGS AWAY
OR
DO A LITTLE KNITTING

HA HA then another demand for masks and suchlike from the charities.



I have been included in the Lanark Covid 19 stitches, and been helping them with masks, crocheting rainbows for care homes and to add to this crocheting coat-hanger covers.

With all this sitting around sewing or standing cutting out, lack of exercise—not good.

I am missing long walks, the badminton and table tennis with the U3A crowd.

I wished we could start that again.

I first thought I would make face masks to give to donations for Guide dogs for the Blind which raised a total of £250 plus a further donation of £137 to the Heart and Stroke Foundation. A big thank you to all those who donated. I did not realise what I had let myself in for!

It has sure kept me occupied during lockdown or locked in.

BERYL ARMSTRONG





U3A PHOTOGRAPHY GROUP.

The group met for the first time on Monday 10th August 2020 after a long 4 month interlude due to Covid-19 lockdown restrictions. We met at Castlebank Park, Lanark. There was a good turn out around 10 members from the group. There was a surprise awaiting the group, as Jane had arranged for her daughter Ruth and niece Carly to dress as Fairies for photographs to be taken in The Fairy Dell at the park by the group. A great day was had by everyone and it was nice for the group to be together again after such a long break. The weather was dry and warm, ideal for photographs. The colour of the outfits were splendid and contrasted well with the flowers and greenery within the lower garden area which also has a stone bridge and a small pond. The group seemed to enjoy the photo session and our Fairy models engaged well with the group. We all relaxed and enjoyed the day.

Unfortunately, we were unable to go for our usual coffee break due to the current restrictions in place. Included are some of the photographs taken from the day. Now we need to look forward and arrange our next photography venue in September.

Derek Chalmers
Photography Group Leader.



AGEING WELL

(Tom Gallagher)

As we come out of the pandemic and slowly move towards some sort of normality, albeit, a new normal, some of us are taking stock of where we are in terms of health and wellbeing. This is what I've been doing and I thought it might be useful to share two areas of research that may be of interest to anyone who is looking at this subject. The two main sources are Sir Muir Gray's research, books and presentations into ageing and Sainsbury's Living Well index conducted by Oxford Economics (Oxford University). Much has been written about 'how to do' ageing, some of which perpetuates age-old myths and cultural stereotyping...these two sources are scrupulous in their research and methodology which is why I chose them.

Sod 70!

If I begin with Muir; he is 76 years old, is Glasgow born and had a long and distinguished career in medicine, notably in research and development and evidence based medicine among many others which led to a knighthood in 2005. He is the Director of the Optimal Ageing Programme for Living Longer Better and he is also an active member of U3A and passionate about how to age well, despite having suffered a heart attack in his 60s.

Here are some of the things that Muir says:

- The ageing process cannot be denied; it has been working away since you were 30.
- However, ageing is not the cause of problems in your 70s unless you think it is in control of your health and wellbeing.
- Outside of injury or disease he asserts that we don't actually become frail until our 90s unless we don't look after ourselves in terms of health, fitness and psychology.
- What people do for themselves matters, principally keeping active or getting more active. By this we mean not only physically active, which is of great importance, but so too is social activity, either with family or work or volunteering, and intellectual activity such as learning a new skill.

To seize control:

- Reduce your risk of getting disease.
- Become fitter, even if you already have one, or more, long term conditions.
- Adopt a positive and optimistic attitude to life, its problems and opportunities.

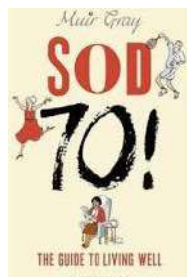
He goes on to give examples of people in their 90s and 100s giving faultless speeches and playing piano concertos from memory and we all know people who get a lot out of life at any age.

Muir is passionate about ageing well. He coined the term 'fitness gap' which is the difference between how fit you are and how fit you should be due to the ageing process alone. He asserts that, as we age, for many of us, our "problems are caused or aggravated by inactivity and loss of fitness". He wants us all to try to close that gap because the benefits of becoming fitter in terms of both health and wellbeing is irrefutable.

He also tells us that disease prevention is effective, even in your 50s, 60s and 70s. "Even at the age of 70 it is possible to postpone the onset of disease, or even prevent it occurring at all, by taking measures such as stopping smoking and losing weight." He does admit that you need a little bit of luck as some people will develop disease even if they have no risk factors, however, "your beliefs and attitudes about health and ageing play a very important part in both disease prevention and improving fitness."

Of course, it is easy to state these facts, and we can choose to agree with them, or not, but unless we have some system for easing us into a more beneficial lifestyle it is unlikely to make much difference.

This is why Muir has written his book, "Sod 70!" which is a How-to book on integrating the steps required into your life. Published by Bloomsbury, you can order from the library, bookshop, online, or even acquire a copy second-hand for a couple of quid – I know he wouldn't mind, he just wants to spread the word.



Of course, Muir fully appreciates that we need to be able to improve the quality of our lives too. Sometimes we get stuck in a rut – I've been there, have you? Are you now?

In order to improve the quality of our lives we need to know what to aim for as you get more of what you focus on – it is a rule of the universe. But, what is it that we should be aiming for? That is where Sainsburys comes in....no, not their bakery department...!

Sainsbury's Living Well index.

For a number of years Sainsburys has sponsored a survey into how well we are living and published the results. Produced for them by Oxford Economics it uses the data from a detailed questionnaire received from over 8,000 respondents. It basically tells us two things – what is important to enhance our sense of wellbeing and where we are, both as a nation (so we can compare against other countries) and individually (so we can compare against other individuals). Crucially, it separates the data into different age groups and social types. These are:

- Child-free Millennials: 18 to 34 year olds with no children at home;
- Child-free Generation X: 35 to 54 year olds with no children at home;
- Young Families: Parents with at least one child at home aged 0 to 5 years old;
- Older Families: Parents with no children aged 0 to 5 at home but at least one child aged 6 to 18 years old;
- Working Baby Boomers: Over 55 year olds with no children at home and who are employed;
- Non-working Baby Boomers: Over 55 year olds with no children at home and who are not working.

And they looked at different factors which affect our wellbeing. These are:

Disposable income; Arrears; Mental health; Sex life satisfaction; Relationships; Lifestyle; Community connections; Environment; Finances; Health; Physical mobility; Health of your close relatives; Rural/urban; Active parenthood; Spending time outdoors; Relationship status; Transport links; Eating socially; Support network; Sleep quality; Socialising; Chatting to neighbours; Economic activity; Alcohol consumption.

So, who comes out tops in terms of living best? Generation X with their no ties, free time and disposable income? Surprisingly, they came bottom!

It was virtually a tie for top spot between – Young families and Working baby boomers closely followed by, wait for it....most of us.....Non-working baby boomers. I have been referring here to the original survey <https://www.about.sainsburys.co.uk/~media/Files/S/Sainsburys/living-well-index/sainsburys-living-well-index.PDF> which is more detailed than recent iterations but the latest one puts the national living well score at 60.4. You can take a survey (see below) and find out your own score and see if there are areas you could do with addressing.

Other stand out points worth noting from the report:

Moving from;

‘never’ spending time outdoors to doing so ‘every day’

gives a larger improvement in wellbeing than moving from;

‘never’ meeting friends socially to doing so ‘every day’

Better sleep is the biggest single contributor to living better;

Some 73 percent of those living very well have strong support networks and frequently meet socially with friends, family or colleagues.

Our findings suggest that enhancing the quality and strength of our local relationships could result in us leading happier, more satisfied lives.

And the eight factors that explain the most difference between the typical person and the top 20 percent in living well;

Sleep Quality

Sex life satisfaction

Job security

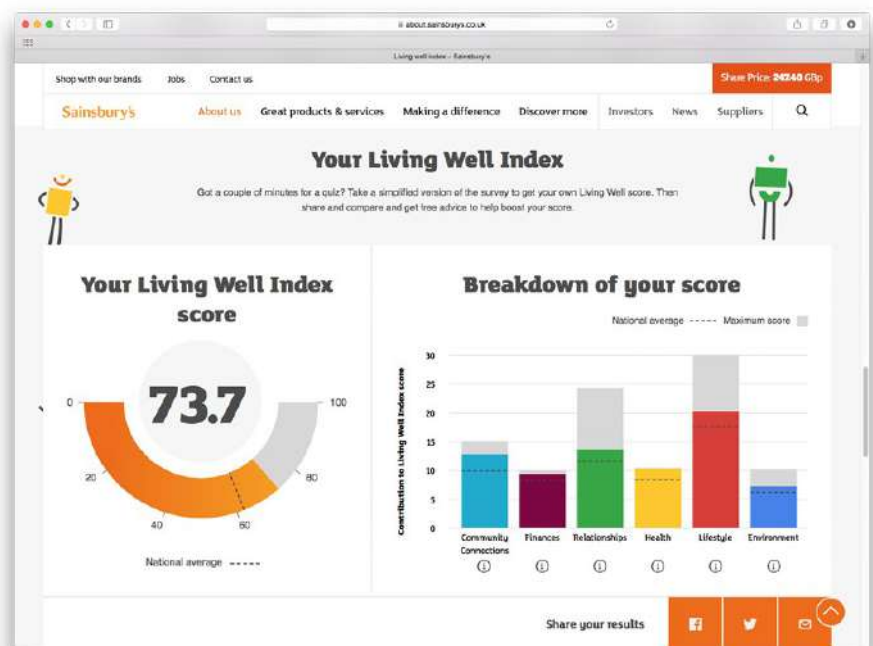
Health of close relations

Chatting to neighbours

Support network

Active parent

Relationship status



The index gives us an opportunity to compare our own individual lives to the average and the top

20% so that we can identify areas which, with improvement, could enhance the quality of our lives and you can take a survey here <https://www.about.sainsburys.co.uk/about-us/live-well-for-less/living-well-index> or compare your own circumstances against the list.

Many members of U3A will have looked at their lives in the past and decided they would benefit from getting out more and socialising and trying new activities and joined the L&D U3A as a way of enabling this. We just need to do that for other aspects where we see our life is under-performing.

Both pieces of research and presentation help to do this in a structured and encompassing way. You may be completely content and happy with your life, in which case, good on you! You may feel that there are areas that could do with improvement. These are two tools for exploring that. The Index allows you to identify what could do with improvement and Muir's book gives you a formula to deliver. I hope they prove useful.

Tom Gallagher

Time for us girls by Pam Ayers

*I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.
You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.
They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.
We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s –
If you only knew the truth!
There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.
Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?
We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!
So here you find me stuck inside
For 4 weeks, maybe more
I finally found myself again
Then I had to close the door!
It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no flaming flour!
Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.
At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!
So let's all drink to lockdown
To recovery and health
And hope this awful virus
Doesn't decimate our wealth.
We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates!*

Can you identify these countries from their anagrams.

- | | |
|--------------------|------------------------------|
| 1. Has giant fan | 2. Lenient ethics |
| 3. Sooty vicar | 4. Mistaken runt |
| 5. Cam as a drag | 6. Up inane up a wage |
| 7. Germ to none | 8. But, I'm in a desert area |
| 9. Irk nasal | 10. Good radiant bandit |
| 11. Hot lose | 12. In a gloom |
| 13. If lads reason | 14. Dollar vase |
| 15. . Hand alit | |

Answers at the bottom of the page.

We hope that this update gives you an idea of what has been going on over the last few months. Things have changed over that time but we are looking forward to rising to the challenge and getting together as soon as we are allowed to do so.

In the meantime we are looking at all possibilities of how to get general meetings and other things started, this may be in a Virtual, Hybrid or Face to Face format .

As mentioned our programme for the year has been established, but is subject to change or cancellation, as required.

Our group leaders are all keen that members can join up again as and when it is safe to do so and are looking at what arrangements may be possible in order to start up.

Your help.

If you have ideas that you would like to put forward to enable things to move on then please let a member of committee know and we will do our best to see what can be done within the constraints that are current at the time.

9-Sri Lanka 10-Trinidad and Tobago 11-Lesotho 12-Mongolia 13-Faroe Islands 14-El Salvador 15-Thailand

1-Afganistan 2-Liechtenstein 3-Ivory Coast 4-Turkmenistan 5-Madagascar 6-Papua New Guinea 7-Montenegro 8-United Arab Emirates

Contributions from anyone who has something to say, be it about the U3A as a whole, one of the groups or as an individual are welcome. Please send items for inclusion, by email, to Irene McDougall at mrsmdougall@hotmail.co.uk

Thanks to everyone who contributed.

Publicity group — Irene McDougall, Jan McNulty and Jim Allan.

Website: www.u3a-lanark.xyz