

## YOUR COMMITTEE WOULD LIKE TO WISH YOU A VERY HAPPY CHRISTMAS AND A HEALTHY 2022

### CONGRATULATIONS HARRY!



Harry Kessler  
on the road  
to funding  
Guide Dogs

Southport u3a member, Harry Kessler, recently completed a 90 day, 900 mile, bike ride, raising more than £6,500, via [JustGiving](#), for the 'Guide Dogs' charity.

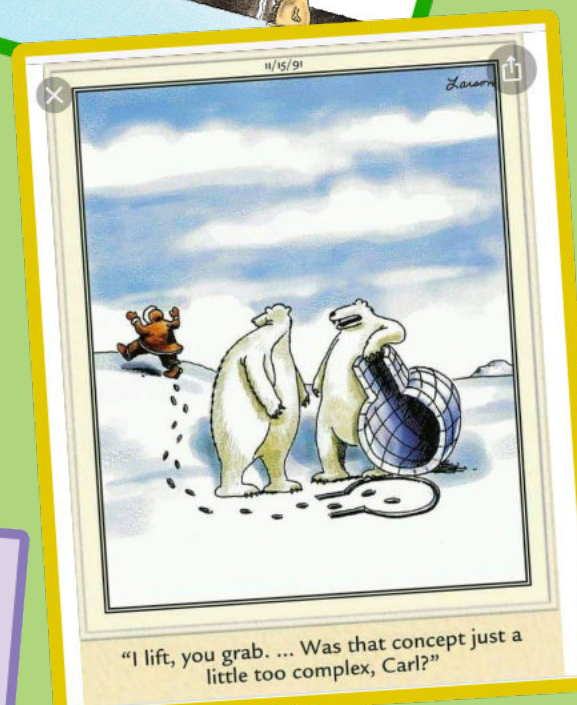
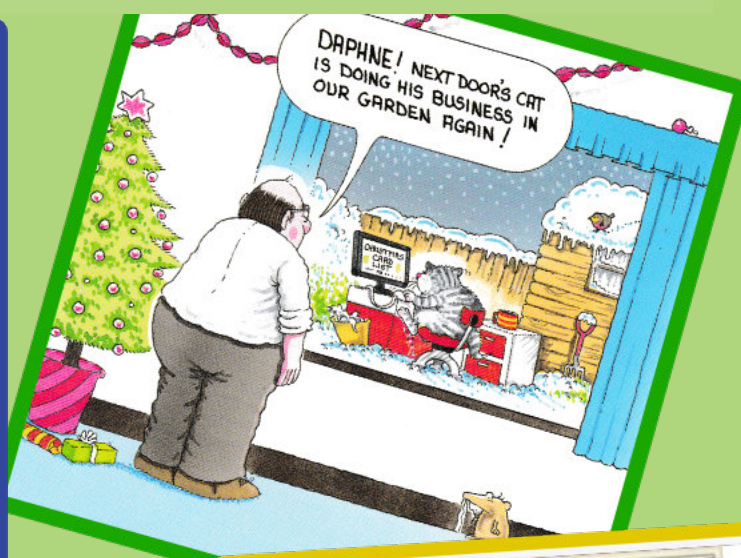
Harry chose routes around the Southport coast and varied them according to the weather. I have struggled against our local headwinds on many occasions and he has my utmost admiration!

**Y**ou may be one of the few local residents who have never been through the Mersey Tunnels. Even if that is the case, I think you will find this item of interest.

Click [HERE](#) to view the article and video.

**H**aving a best friend is a good feeling and friendships often occur in the most unlikely of places.

Click [HERE](#) to watch a video which is sure to warm your heart in this season of 'peace to all'.



**N**ext time you nip to the supermarket, take the time to show them this video and encourage them to get rehearsing!

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



On a very wet and windy December Saturday, The Uke-a-Teers entertained the shoppers at the Wayfarer's Arcade with an uplifting collection of seasonal songs. When they finished they visited Santa and his elves in his Christmas Grotto. While they entertained, our Chair, Paddy McNeish handed out u3a leaflets to shoppers.



The fattest knight at King Arthur's round table was Sir Cumference. He acquired his size from too much pi.

I thought I saw an eye doctor on an Alaskan island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he loved her still.

A rubber band pistol was confiscated from an algebra class, because it was a weapon of math disruption.

No matter how much you push the envelope, it'll still be stationery.



Walking Group 4 managed to fit in a walk in Lydiate this week, to burn off some of the Christmas calories.

In these difficult times many of us will not be venturing out tonight, but saying good riddance to 2021 with a night in front of the TV, possibly sharing a bottle of bubbly with family.

To help mark the passing of the old year, click [HERE](#) for a firework display with a difference.

Make sure your sound is turned up to get the full effect.



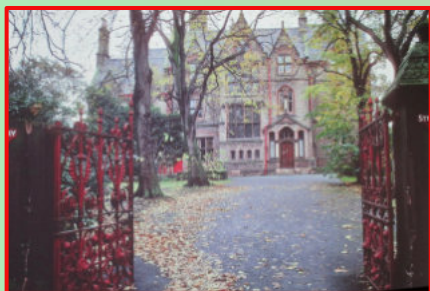


The local history group paid a visit to Strawberry Field last month and found out what an inspiring place it was to visit. Strawberry Field is a Salvation Army property and visitor attraction in the Liverpool suburb of Woolton. It operated as a children's home between 1936 and 2005. The house and grounds had originally been built as a private residence in the Victorian era, before being acquired by the Salvation Army.



The exhibition included stories from the former children's home.

It was on these grounds that a young John Lennon, before Beatles fame, came to play, reflect and escape the post-war of Woolton. It went on to motivate him to write the song "Strawberry Fields Forever" some twenty years later. The Salvation Army ground shaped him and inspired his work within the Beatles as an adult.



It was great to see the piano that John played for the recording of "Imagine" and the original handwritten Strawberry Field lyric notes that John wrote in Spain.



The iconic gates at the entrance are in fact replicas, the original ones having been stolen. Fortunately they were retrieved and now reside in a shady corner of the garden.

The walk around the gardens with its inspiring quotes from John's songs was great in showing the work the centre is doing.

The visit also highlighted the excellent work the Salvation Army is doing for young people. The new hub offers training skills and valuable work placements, giving them confidence and ultimately a real future.



After touring the interactive experience a lovely lunch was enjoyed by everyone. All in all we cannot recommend Strawberry Field enough. An excellent day out.

*Jean, Helen and Myra*



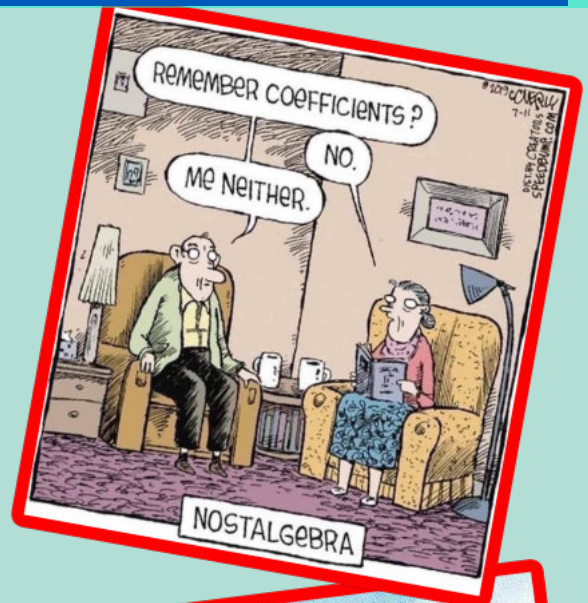
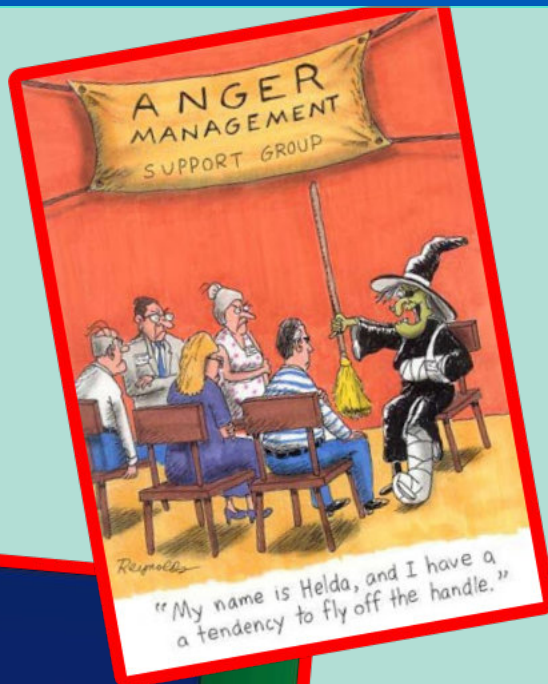




# OYCZ ENJOY THEIR CHOCOLATE MAKING

learn,  
laugh,  
live

Yes, this story doesn't need many words!! Last month two groups from OYCZ visited Chocolate Whirled in Manchester Road, to spend an hour making chocolates. The look on their faces tell the story!! Not sure about the hats, though.







# XMAS QUIZ



## NAME THESE FAVOURITE XMAS CHOCOLATES

- 1 - Tap it to unwrap it
- 2 - They came in search of Paradise
- 3 - Only the crumbliest, flakiest chocolate
- 4 - Helps you work, rest and play
- 5 - The three course snack
- 6 - For adults only
- 7 - Do you love anyone enough to give them your last one
- 8 - Who knows the secret of the ..... box
- 9 - Only the best is good enough
- 10 - Made for Sharing

## CAN YOU SPOT THE XMAS PHRASES

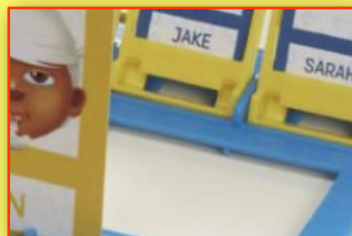
- 1 - 3 W M
- 2 - 3 S C S in
- 3 - 24 W on a A C
- 4 - 1 P in a P T
- 5 - J 1 is N Y D
- 6 - 5 G R
- 7 - 4 G in a C C
- 8 - 6 S to a S
- 9 - 2 L on a T
- 10 - 3 K of O A

## CAN YOU NAME THESE FAVOURITE XMAS TOYS

A



B



C



D



E



F



G



H



I





The u3a kicked off the Christmas Season with our traditional December meeting, being entertained by our “performing” Groups.

After we had all finished our free coffee and mince pies, The massed ranks of our Ukulele Groups kicked the morning off with some foot-tapping tunes, followed by the Choir who entertained us with some more traditional Christmas melodies. We were then given a sneak preview of The Drama Groups Christmas Cowboy Panto - “The Adventures of Lowerwatha” before finally Ian and the Guitar Group got us all singing along to some Sixties music

And - of course - this was all topped off with the raffle for ten Christmas hampers supplied by Churchtown Deli. What a great way to get the Festive Season started!!







**ARTHUR ABBOT  
CAROLINE MACAULAY  
GEOFF MATTHEWS  
DIANE AINDOW  
ANDY SWEENEY  
TONY HOUGHTON  
JOAN COOK  
YVONNE BARAUSKAS  
MOIRA RALPH  
PETER ASPLEY**









# RHS BRIDGEWATER

(A reminder of slightly warmer times)

images by R. Homewood

u3a  
Southport

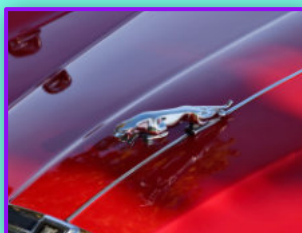
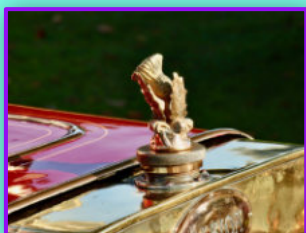
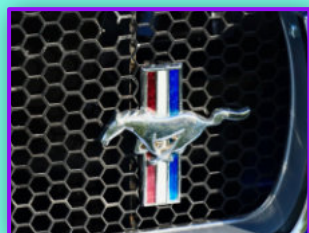
learn,  
laugh,  
live





# VICTORIA PARK HOSTS IT'S FIRST CLASSIC SPEED SHOW

*Photos By Jim Hay*







# XMAS QUIZ

## ANSWERS



### FAVOURITE XMAS CHOCOLATES

- 1 - Chocolate Orange
- 2 - Bounty Bar
- 3 - Cadbury's Flake
- 4 - Mars Bar
- 5 - Twix
- 6 - Cadbury's Bournville
- 7 - Rolo
- 8 - Black Magic
- 9 - Milky Bar
- 10 - Quality Street

### SPOT THE XMAS PHRASES

- 1 - Three Wise Men
- 2 - Three Ships come Sailing in
- 3 - 24 Windows on an Advent Calendar
- 4 - One Partridge in a Pear Tree
- 5 - January 1 is New Years Day
- 6 - Five Gold Rings
- 7 - 4 Ghosts in a Christmas Carol
- 8 - 6 Sides to a Snowflake
- 9 - Two Legs on a Turkey
- 10 - Three Kings of Orient Are

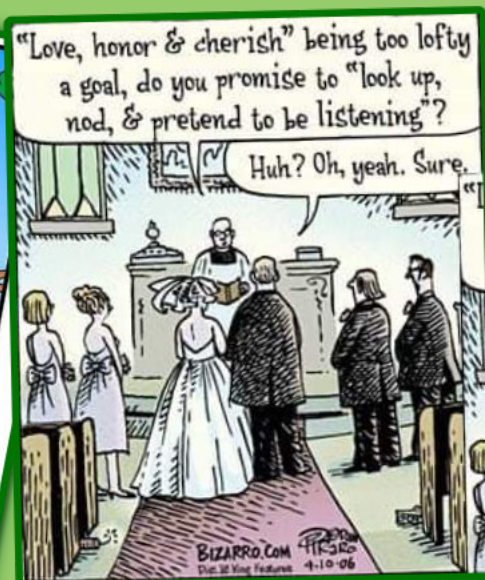
### THE FAVOURITE XMAS TOYS

- |                  |                       |
|------------------|-----------------------|
| A - Rubik's Cube | F - Monopoly          |
| B - Guess Who    | G - Scalextrix        |
| C - Jenga        | H - Woody (Toy Story) |
| D - Paw Patrol   | I - Connect 4         |
| E - Lego         |                       |

**WARNING!**



MAY CONTAIN; NUTS, BOLTS, SCREWS,  
SEWING NEEDLES, KNITTING NEEDLES,  
SCISSORS, SCREWDRIVERS, OLD COINS,  
AND MANY OTHER SHARP OR USELESS  
OBJECTS THAT HAVE NOWHERE ELSE IN  
THE HOUSE TO BE KEPT.







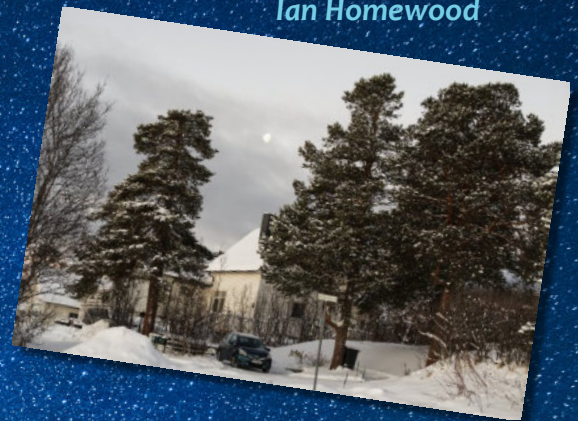
# IN SEARCH OF THE BOREALIS!

In November, we embarked on a once in a lifetime adventure. Our mission (which we accepted) was to experience the glory of the Northern Lights from within the Arctic Circle.

Setting off from Liverpool we headed for the Norwegian coast, on a 16 night Arctic cruise. After experiencing a force 8 gale (at sea), a force 9 gale (on land) and temperatures down to around -13c, we were rewarded with a 1½ hour long display.

We actually saw the lights on three separate nights, but they saved the best until last. Here are a few of my (many) photos of the trip.

*Ian Homewood*







## NEW YEAR RESOLUTIONS 2022

With Christmas over its time to make your New Year Resolutions - have you made your list yet, if not here's a bit of background & useful tips to help you out.

Apparently the first New Year's resolutions date back over 4,000 years ago to ancient Babylon. The Babylonians are said to have started the tradition during Akitu, a 12-day New Year celebration. During the Akitu festival, the ancient Babylonians would plant crops, maybe crown a new king, and make promises to the gods to pay their debts and **return any borrowed items**. They believed that if they kept their word, the gods would look favourably on them for the year ahead.



The history of New Year's resolutions continued in ancient Rome. Emperor Julius Caesar introduced a new calendar in 46 B.C. which declared January 1st as the start of the new year. This new date honoured Janus, a two-faced god who symbolically looked back into the previous year and forwards into the new year. The Romans would offer sacrifices to Janus and make promises of **good behaviour** for the year ahead.

New Year's resolutions were also made in the Middle Ages. Knights would renew their vow to chivalry by placing their hands on a live or roasted

peacock. The annual "Peacock Vow" would take place at the end of the year, as a resolution to maintain their knighthood values. (It's true, check it out!).

New Year's resolutions appeared to be common by the 17th century. In 1671, Scottish writer Lady Anne Halkett wrote a diary entry that contained several pledges such as "**I will not offend anymore**". Anne wrote the entry on January 2nd and titled the page "Resolutions".

By 1802, folk took a more light-hearted view & the tradition of making (and failing to keep) New Year's resolutions was so common that people started to satirize it. Modern New Year's resolutions are a bit more worldly, most folk making resolutions to themselves rather than promising gods. The focus of the tradition is on self-improvement, & hopefully taking time to reflect on their goals.

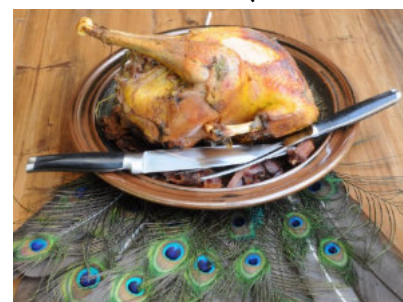
These days Resolutions are often health centred, possibly aiming to rectify the indulgence of Christmas! The symbology of the New Year also makes it a great time to wipe the slate clean and start afresh after December 31st. Statistics say at least 22% of people in the UK aim for self-improvement with a resolution. But sadly research shows that 80% of people break their resolutions by the first week of February and only 8% are successful in achieving their goals at all. Experts say we're doomed to fail when making New Year's resolutions due to unrealistic expectations. We set lofty goals that quickly become overwhelming, and we fail to make a plan to achieve these goals.

The key to completing your resolution is to break it down into small, tangible steps. Instead of saying, "I want to get fit", set a specific goal like going to a gym class every Monday and Wednesday. If it's 'Dry January' only drink wine after your gym class – you see you just need to 'make a plan'.

If you're still looking for inspiration for your New Year's resolutions in 2022 here are some popular suggestions: -

Eat Healthier	Behave well
Volunteer for a major role in the u3a	Adopt a Peacock
Return borrowed items	Read more
Stop offending people	Drink less alcohol

Roast Peacock



Best of luck!!!!

Diane Fitton

