



Minutes Secretary required for Southport U3A committee.

We require someone to take and type the minutes at our monthly committee meetings.

You do not need to join the committee (unless you so desire) but we would expect you to be professional and respect the confidential nature of the job.

The committee meets once a month, on the last Wednesday, at 7 - 9.00 pm. At the minute we are meeting via Zoom, but our usual venue is Southport Fire station.

Salary is commensurate with experience but is expected to be £NIL.

Contact Phil Watling
southportu3asecretary@yahoo.com



In the absence of our usual monthly meetings, U3A Southport have decided to organise regular online talks, which will be provided using Zoom.

The first of these talks is scheduled for Wednesday 24th February at 2pm and will be on the subject of 'Famous Liverpool Pubs'. It will be given by Julie Kershaw, a Blue Badge Guide for the Liverpool City

Liverpool has some of the most historic and decorative pubs in the country including the only purpose-built Grade 1 listed Victorian pub.

At a time when the Temperance Movement enjoyed strong support in Liverpool, breweries competed with each other to employ the best architects and interior designers of the day and to use the finest materials and most skilled craftsmen, to combat the image of pubs as dark, dangerous dens of iniquity.

Join Julie, from the comfort of your home, with a glass of your favourite tittle in hand, as we tour some of the historic and decorative pubs of the city and learn of their history and quirks.

To register for this talk, log in to the '[Members Portal](#)' on Beacon, select 'Groups' option and scroll down to the 'Zoom Talk At Home' group. Click 'Join Group' to complete the registration. If you are unable to access the Members Portal, send an email to the [Beacon Admin](#) for assistance.

The second talk, on March 24th, is a show called 'Dark Light' by acoustic musicians 'Fools Gold'



EGYPT - A Gift From The Nile

Take a trip down the Nile to the beginnings of Ancient Egypt

Following our item on Friday, about talks by Vivianne Rowan, Vivianne has decided to reduce the duration to 1½ to allow more people to participate.

For more information, please email [Vivianne](#).



This week's Alcohol Test...



**Do you see a man running into the woods?
Or a dog running out?**



I think most people venture into churches to have a look around when they are on holiday, religious or not. Imagine if this happened as you walked in!

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

Did you take part in the RSPB Big Garden Birdwatch? We did and thoroughly enjoyed an excuse to just sit and watch them for an hour. However, if you didn't, you can still check some of the highlights on the RSPB Notes On Nature, by clicking [HERE](#).



IS YOUR CAT A JUNKY?



Scientists have recently discovered what makes cats go scatty over Catnip. Click [HERE](#) to read the article.

Children know that sanitising your hands is important. Click [HERE](#) for proof.



We are considering establishing a Southport U3a Facebook group. It would be closed, so that the public cannot see it. We would use it to give people another means of staying in touch, asking for help, making recommendations for services and so on.

Paul Carter is prepared to manage it, but we also need a team of moderators. The moderator's job is to review people's posts to make sure they are within the conditions for the group (for example that they are not political).

We would like to add one or two more moderators to the team we already have.

If you are interested please contact Paul at meetandeatsouthportu3a@gmail.com.

Answers To Friday's Quiz

- ANTHONY & CLEOPATRA
- MULDER & SCULLY
- LANCELOT & GUINEVERE
- MILLS & BOON
- ABERCROMBIE & FITCH
- VICTORIA & ALBERT
- MOET & CHANDON
- FRED & GINGER
- EDWARD & Mrs SIMPSON
- HINGE & BRACKET

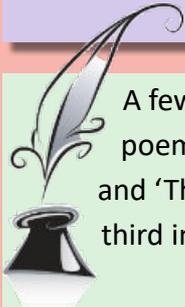


ARE YOU MISSING YOUR TAI-CHI?



Don't let the lockdown stop you. Click [HERE](#) to watch a professional instructor going through a routine.

At the moment, our Tai-Chi groups are not running, but as soon as the lockdown finishes we will be starting to organise them again.



A few weeks ago, we published two poems by Sylvia Miley, 'The Mountain' and 'The Ocean'. She has now sent me the third in the set, which you can read below.

The Light

You were born into this world a pure soul in waiting, ejected from a warm and comfortable place into the mysterious world of light and freedom - freedom to flex and grow, to aspire and rise, to explore and contemplate with that potential in every crease of the brow as you scan the horizon.

Your soul danced with anticipation as you joyfully took a pathway towards the light. You listened and contemplated and rose above the whisperings of the material world following the inner knowing of your dormant soul. That soul graced with certainty of the dance to the shores of eternity.

Prepare yourself for the continuous journey towards the light. Blessed is he who steps from one condition to another, from one existence to another, and on the pathway of life with the knowledge "We all are from dust and unto Him we shall return," so now is the time to set your course in the stars.

The purpose of all journeys
is to enrich the soul.

Strive now moving ever forward
for your spiritual journey
has just begun.

Time for a little bit of culture, visual and audio, with a message. Click [HERE](#) to watch and listen.



learn,
laugh,
live



Hopefully you will never experience a broken bone. However, if you do, you may end up being treated using a novel new technique. Click [HERE](#) to read the article.

If any of our members still use salt in their dishwashers, Brian Mitchell has about 10kg in two bags, which he no longer needs.



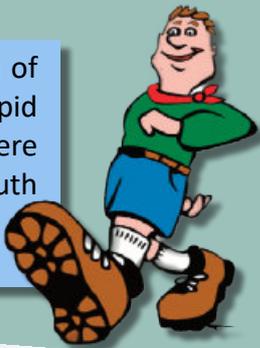
He has kindly offered it free of charge to anybody who wishes to collect it.

If you are interested, click [HERE](#) to email Brian.





Here is another selection of photos from our intrepid walking group. These were taken on their 'South Silverdale' walk.



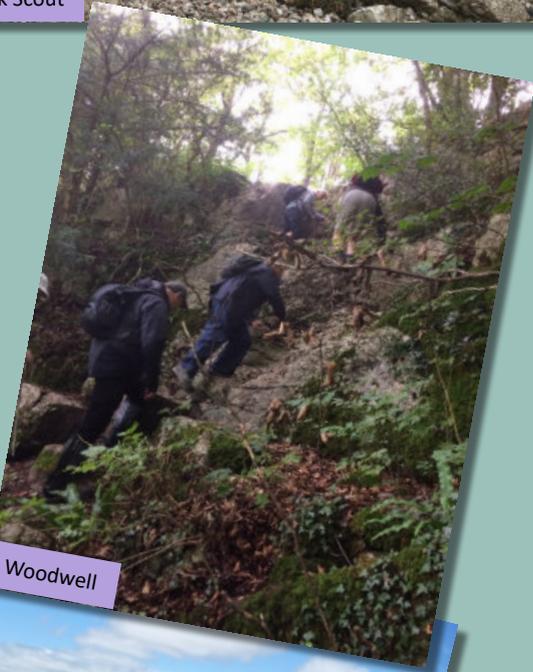
learn, laugh, live



Jack Scout



Pepper Pot



Woodwell



Larks at Lancaster Castle!

In April 2018, the Local

History group ventured, via public transport of course, on a day out to Lancaster Castle.

The castle is 300 metres from the station so a short steep walk takes you into the Castle grounds. Usually a café is open for refreshment and light meals and guided tours are available.

The Castles' beginnings dates back to Roman times when its commanding position on the hill overlooking the historic town of Lancaster meant it was used as a bastion against the marauding tribes of Picts and Scots. It is owned by the Duchy of Lancaster (the Duke of Lancaster is her Majesty the Queen!)

So what of its History?

It has been used as a place of punishment. It served as a prison from mid-17th Century and latterly was a Category C prison up to 2011!

There have been 200 executions held at the castle and 131 of these were carried out by just one Hangman "Old Ned Barlow".

And of course Lancaster Castle is famous for the famous Pendle Witches Trial of 1612!

The guided tours take about one and a half hours and they cover the varied and interesting history of the building as well as an opportunity to see some of the more grizzly items on view!

Our group has collected many leaflets about places we have visited over the years, and we are happy to share this information with members on request.



[Lancaster Castle.com](http://LancasterCastle.com) has full details

about the building, including accessibility, contact details and some of the history together with some stories about people sentenced there.

The journey is fairly easy to undertake without getting the car out of the garage! So when possible, why not consider a visit so you can see for yourself what an amazing place this is.

The only thing to watch is the number of trains on the return journey as there seems to be a long gap later in the afternoon. Of course at Preston it's a short walk from the railway station up the hill to the X2 bus stop for the return journey to Southport.

You should arrive home tired after a day where you have enjoyed some nice scenery on the train, something good to eat and drink at the café and you have enhanced your knowledge about a local Monument and the amazing history of Lancashire!

So if you have been up the Eiffel Tower, or Visited St Peters in Rome, why not avoid the need to obtain a negative covid test before travelling to the airport and "go local". Lancaster Castle.com

Best wishes to all

Helen, Myra and Jean.

