



At last it seems we are on a countdown to getting back to some sort of normality! We - as 'leaders' of the Southport U3A Local History Group are getting excited at the thought of being able to venture out on some of our exploits!

Initially we are looking at staying fairly local and not travelling too far. For our first trip we are hoping to meet at the Botanic Gardens in Churchtown for an outdoor picnic and a general catch up (bring your own chair and food).

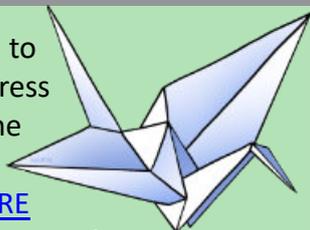
Churchtown itself has a history and we are in possession of some self guide tour leaflets of the village. The tour can be done at a pace and time to suit yourself and does not have to be done as a complete tour.

We are hoping to run this trip on Thursday 24th June, meeting around lunchtime. Details will be confirmed in the newsletter at the end of May.

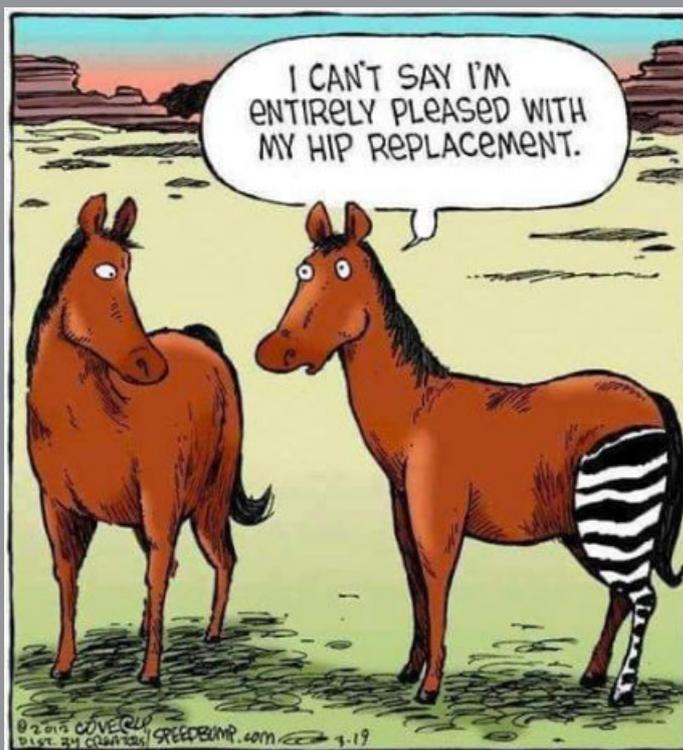
Jean, Myra and myself (Helen) are really keen to get back to visiting some new places of interest..... as well as revisiting some we have been to before!!!

Helen Makin

Here's an interesting way to spend some time and impress friends and family along the way. Get some good quality paper and click [HERE](#) to learn how to make a 'Flexagon'.



You've heard of Edward Scissorhands, but how about a plane with scissor wings? Yes they do (or did exist! Click [HERE](#) to read about the concept.



Astronomy

There are some free astronomy talks available this week, as follows:

Wed 3rd at 7:30pm - [The Human Cosmos](#)

Thur 4th at 7:30pm - [What do you think you are?](#)

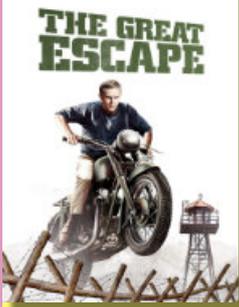
Friday 5th at 2:30pm - [The Dark Sector](#)

Friday 5th at 7:30pm - [The Space Doctor is in](#)



Did you know that, at one time, New Brighton was able to boast the tallest building in Britain? Neither did I. Click [HERE](#) to read about it.
(Submitted by Paul Carter)

Meeting up with the girls after lockdown



No doubt many of you are familiar with the movie The Great Escape starring Steve McQueen and a host of other stars. What you may not know is how Monopoly played a significant role in that escape and how it was achieved. Despite the fact

that only three escapees made it safely back to Britain it was a major feat, of skill, bravery and ingenuity. A very heavy price was paid for this audacious act as it was seen as a huge failure of German security - one that Hitler himself was furious about.

It is now a part of our history and one to give some degree of National Pride to our serving man and women at a time when they appear to be under-appreciated and largely ignored. I hope that you find it informative - I certainly did. The younger generation will probably be unaware of this - so they too may gain some perspective as to the strength of the human spirit when faced with seemingly insurmountable odds.

Click [HERE](#) to read an article about the tunnel.

When you break down in the desert, having some mechanical ability and a problem solving mentality goes a long way. Click [HERE](#) to watch the proof.



Answers to the Famous Nicknames Quiz

learn,
laugh,
live

1. Joe Louis (Boxing)
2. Alfred von Richthofen (Military)
3. Greg Norman (Golf)
4. Frank Sinatra (Music)
5. Johnny Cash (Music)
6. General Rommel (Military)
7. Eric Clapton (Music)
8. Charlie Chaplin (Movies)
9. Joan Sutherland (Music)
10. Muhammed Ali (Boxing)



If you want to know what birds you can expect to see this month, click [HERE](#) to visit the RSPB 'Birds of March' page.

Time for a bit of comedy. Click [HERE](#) for a video of Michael McIntyre talking about the things only British people do.



How many unusable objects do you have? Yours may just be broken, but some are just unusable by design. Click [HERE](#) to read an article about them.

LAZY IS A VERY STRONG WORD.



FUNNY THOUGHTS AND JOKES

I LIKE TO CALL IT "SELECTIVE PARTICIPATION."

We like to bring you unusual items. Here is a video which, although you will probably work out what is going on, is still incredible (and somewhat disturbing). Click [HERE](#) to watch it.



For many years my main experience of chalk was having it thrown at my head by my teachers. However, Geologists have recently been paying it more attention (chalk that is, not my head) and are discovering how important it has been to Britain. Click [HERE](#) to read the article.



SHARE YOUR TALENTS



DO YOU HAVE A HOBBY - OR A PASSION - THAT IS NOT BEING COVERED BY ONE OF THE EXISTING SOUTHPORT U3A GROUPS??

This could be a lifelong hobby, a skill acquired during your employment, an interest in music or the arts, a sporting expertise - or maybe you are a great organiser with skills to organise others.

If so, we can help you share this with your fellow u3a members.

All our 100 or so groups are run by enthusiasts in their own subjects. If you want to join these fellow enthusiasts, then contact us and we will help you set up your own group.

It's easy - and we have the knowledge to get your new group up and running - quickly - contact one of us to discuss your passion:

PHIL WATLING,
GROUP ACTIVITIES CO-ORDINATOR,
southportu3agroupcoordinator@yahoo.com

SHARON PARTINGTON
VICE CHAIR
sharonpartington@icloud.com

Yellow Penguins! Who knew! National Geographic have an article about rare colouring in penguins but, before you read it, do you know why polar bears don't eat penguins?

They can't get the wrappers off!

Click [HERE](#) to read the article.



TODAY IN HISTORY

1629 English King Charles I dissolves Parliament against opposition, imprisoning 9 members of parliament

1882 Queen Victoria narrowly escapes assassination when Roderick Maclean shoots at her while boarding a train in Windsor

1930 D. H. Lawrence, English poet and writer (*Lady Chatterley's Lover*), dies of tuberculosis at 44

EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

u3a Newsletter

The National Office of the U3A also publish a newsletter. If you haven't already seen it, click [HERE](#) to view the February edition.