

# SOMERTON U3A

## Newsletter 7 October 2020



LEARN, LAUGH, LIVE

### Chairman's Message

In line with our constitution, a number of trustees must stand down this year but this has also given me the opportunity to welcome new Trustees to the committee.

I would personally like to thank, Kay Williamson, David Harrison, Joan Banbury, John Rickard and Julie Hopkins for their commitment and hard work over the years. They have all assisted in making my life as chairman relatively easy.



The new trustees for Somerton U3A are as follows:

Judi Powell	Chairman
Sue Haigh	Secretary
Liz Short	Treasurer
Marilyn Muffett	Membership Secretary
Valerie Taylor	Groups Organiser
David Robins	Speakers Organiser
Laurence Reeves	Beacon Administrator
Mike Davis	Newsletter Co-Editor

I would also like to introduce you to our new Publications Group

Kay Williamson	Co-editor
Mike Davis	Co-editor
Steve Davis	Webmaster
Laurence Reeves	Printer
Paul Muffett	Distribution



### Group News

#### Bird Watching Group

Dick Carlyon



Young Rook

Male southern  
Hawker Dragonfly

# Editor's Note

It is now over 6 months since we launched the Somerton U3A online newsletter and Mike and I would like to take this opportunity to thank everyone who has taken the time to send us your news, articles, poems and photos.

Without your contributions, the newsletter would be a dry, arid notice board rather than a reflection of all that is to be celebrated in the U3A movement.

So please send us your thoughts, ideas and anything else you would like to share.

The national U3A newsletter is also worth a look. Here you will find details of upcoming online events and also find out what other U3As are doing across the country.

Below are some of the items featured in the September national newsletter, a nationwide craft project, an online maths week in November, some recommended websites and an app for games players.

## **Creative Covid Collaboration**

*This is a project to form a national collage of 10 inch squares to celebrate the ways in which people have been using their craft activities to continue to connect, learn and support each other during lockdown. The squares can be in any medium.*

*Closing date: 30<sup>th</sup> November*

*See page 12 for more information*



## **Maths Week 9<sup>th</sup>-13<sup>th</sup> November 2020**

### *Online events*

*Monday 9<sup>th</sup> November: 2pm-3.30pm. An online talk by Rob Eastaway, author of "Maths on the Back of an Envelope" followed by a Q & A session.*

*Wednesday 11<sup>th</sup> November 2pm-3pm, an interactive event solving maths puzzles for a range of abilities.*

*Friday 13<sup>th</sup> November, 2pm-3pm, a fun session of maths games including numerical quizzes and tasks.*

### **Recommendations for Games Players**

*For playing word games with friends online, the app "Words with Friends 2, Play word Games and Puzzles".*

*Bridge players of all standards who want to play free online – [www.bridgebase.com](http://www.bridgebase.com)*

*For Rummikub players the best site on your desktop, laptop or mobile is – [www.romi.ca](http://www.romi.ca)*

Finally, on a different note, Somerton U3A hopes to be supporting

## **Kindness Day UK on Friday 13<sup>th</sup> November 2020.**

Kindness Day UK is a nationally recognised day for the celebration of kindness in society and day to day life when individuals can carry out a random act of kindness with no expectation of reward, safe in the knowledge that one day someone might do the same to you.

Obviously the nature and extent of acts of kindness will depend on how many restrictions on social distancing will be in place on that date.

More details and many and varied suggestions for acts of kindness will be in the November newsletter.

Kay

## An Important Notice about the Friday Monthly Meetings

*Dr David Robins the Speakers' Organiser*

These meetings, as you are fully aware, have not occurred now for 7 months!

These 3 zoom talks, listed below, are an effort to re-cement our fantastic Somerton U3A group at this troubling time.

I would ask you (from the bottom of my heart) to renew your membership for the coming year and support Somerton's U3A.

Without a return to full membership of over 450, this U3A will have difficulty surviving and MAY NOT SURVIVE without your help and support.

Our finances are very precarious at present, not due to any financial mismanagement, but due to the increased costs compared to a low annual fee.

You need to remember that we must pay a large capitation fee to U3A National Office, Beacon subscription, to bring us into the 21st century internet, speakers' fees which range from £80 to £130 and printing and postage costs (which we have reduced due to moving the newsletter online).



### Programme of SOMERTON U3A Monthly talks by Zoom

zoom

**FRIDAY OCTOBER 30TH AT 11.00**

Andrew Baker

***The Cultural Differences Between Us And  
Denmark And Sweden***

Join a Meeting

Sign In

**FRIDAY NOVEMBER 27TH AT 11.00**

Andrew Baker

***Nelson Mandela***

Don't forget you must  
install Zoom on your  
PC/Tablet and register it  
prior to use.

**WEDNESDAY DEC 16TH AT 11.00**

( IN LIEU OF OUR XMAS LUNCH)

Steve And Carol Robson

Revealing the stories and history behind the music,  
the duo will play original and traditional music,  
using a variety of instruments including acoustic  
guitar, flute, whistle, bass and ukelele.

***Fool's Gold***

# What is GDPR? ...collated by Mike Davis

## GDPR stands for

### General Data Protection Regulation.

It's a data privacy law set out by the EU, and it was enforceable from May 25th, 2018

#### The GDPR sets out seven key principles:

- Lawfulness, fairness and transparency.
- Purpose limitation.
- Data minimisation.
- Accuracy.
- Storage limitation.
- Integrity and confidentiality (security)
- Accountability

**The purpose of the GDPR** is to provide a set of standardised data protection laws. This should make it easier for UK citizens to understand how their data is being used, and also raise any complaints.

#### What are GDPR requirements?

Some of the key privacy and data protection requirements of the GDPR include: Requiring the consent of subjects for data processing. Anonymizing collected data to protect privacy. Providing data breach notifications. Safely handling the transfer of data.

#### Who does GDPR apply to?

At the heart of GDPR is personal data. Broadly this is information that allows a living person to be directly, or indirectly, identified from data that's available. This can be something obvious, such as a person's name, location data, or a clear online username, or it can be something that may be less instantly apparent: IP addresses and cookie identifiers can be considered as personal data.

Under GDPR there's also a few special categories of sensitive personal data that are given greater protections. This personal data includes information about racial or ethnic origin, political opinions, religious beliefs, membership of trade unions, genetic and biometric data, health information and data around a person's sex life or orientation.

The crucial thing about what constitutes personal data is that it allows a person to be identified – pseudonymised data can still fall under the definition of personal data. Personal data is so important under GDPR because individuals, organisations, and companies that are either 'controllers' or 'processors' of it are covered by the law.

"Controllers are the main decision-makers – they exercise overall control over the purposes and means of the processing of personal data," the UK's data protection regulator, the Information Commissioner's Office (ICO) says. It's also possible that there are joint controllers of personal data, where two or more groups determine how data is handled. "Processors act on behalf of, and only on the instructions of, the relevant controller," the ICO says. Controllers have stricter obligations under GDPR than processors.

Although coming from the EU, GDPR can also apply to businesses that are based outside the region. If a business in the US, for instance, does business in the EU then GDPR can apply and also if it is a controller of EU citizens.

## U3A DIARIES 2020

Normally at this time of the year, your committee would have ordered a number of U3A diaries to sell to you individually at meetings. This year, however, will be different and I am offering, in a private capacity, to purchase diaries for which I have received an order, providing there is sufficient interest. The diaries are blue in colour and cost £3 each.

If you want a diary you must be prepared to pay and collect from me, from my home in Somerton. I would prefer you to order by email

([j.banbury@mypostoffice.co.uk](mailto:j.banbury@mypostoffice.co.uk)), then I can easily let you know when they are ready for payment/collection. The last day for ordering will be 13<sup>th</sup> October 2020.

You can of course order direct from National U3A Office yourself, but a minimum order of 5 applies.

Let us hope that things get back to normal by this time next year so that 2022 diaries can be arranged as usual!

Joan Banbury

We are sad to tell you that Olive Martel recently passed away .

She and Nancy, her sister, had lived in Curry Rivel for some years and Olive had taken over the role of Group Leader of the 2nd Scrabble group . They both enjoyed jigsaws and their garden was a great pleasure , especially the produce gathered each year.



## Group News

### Garden visit Group Visit to Stoberry Park, Wells

Jane Redgrove

For our August outing, 18 members of the Garden Visits group enjoyed having the opportunity of exploring Stoberry Park, a six acre garden situated right in the centre of Wells, with stunning views of the Cathedral and the Vale of Avalon.

The proud owners gave us a guided tour of the different areas they have created to stunning effect, including the wildlife ponds, the borders full of late summer flowering perennials, amazing sculpture and the sunken garden to name just a few of the features of this beautiful garden.

Aaelios growing  
out of a  
watering can



Is Val Fraser pushing or  
pulling husband Mike?



## Blanket bliss!

During the past months we three Merry Widows , Lois, Sarah and Judi, have been busy knitting over 40 baby blankets and hats for Yeovil Neonatal Unit.

Also 30 large crochet blankets were delivered to Wessex House, Immaculata House, Huish Nursing Home and Portcullis House for the residents to keep themselves warm .



Maternity Unit  
Yeovil district Hospital  
Higher Kingston  
BA21 4AT  
25/8/2020



Dear Lois, Sarah and Judi,

I would like to thank you for all the lovely crochet/knitting of blankets and garments for our new babies. They are very much appreciated by our new mums and staff and it gives mums a little keepsake of their stay in the maternity unit.

Jenny Hill (Ward Clerk) on behalf of  
Midwives/ Midwife Support Workers



# Companion Planting *Mike Davis*

Companion planting is an organic method of maintaining a natural balance in your garden, aiding pollination and keeping pest numbers down.

## VEGETABLES

### **Artichoke**

You can plant it together with crops such as tomatoes, carrots, and beans.

### **Asparagus**

You can grow it together with parsley and tomatoes.

### **Beetroot**

Beetroot is a crop which is best for companion planting as it does not take up too much space. You can grow it together with plants such as Broccoli, beans, cabbage, lettuce, onions and brassicas, and passion fruits.

### **Broad Beans**

Beans, like all other legumes, are perfect for adding nitrogen to the soil. They can easily be planted together with corn, potatoes, celery, cucumber, and soybeans.

### **Broccoli and Calabrese**

One of the best things about companion planting is that you can grow brassicas at any time of the year. You can plant them together with onions, beets, cereals, and potatoes.

### **Brussel Sprouts**

We found that they go well with sage, thyme, malting barley, and clover.

### **Cabbage**

It's easy to plant, and it grows well with other vegetables such as celery and beans.

### **Carrots**

To get the best out of your carrot plantation, you can grow them together with leeks, onions, tomatoes, and alliums.

### **Cauliflower**

Grow your cauliflower together with plants such as celery, spinach, peas, and beans.

### **Celeriac**

Celeriac, unlike other vegetables, is not an easy plant to grow. It requires rich water-retentive, fertile soils. Grow it together with other herbs such as brassicas, cucumbers and bush beans in order to get high yields.

### **Celery**

You need to grow it with cucumbers and brassicas.

### **Courgette**

Your Courgette needs a lot of pollinators. As such, one of the best plants to grow together with your Courgette are the Nasturtiums.

### **Garlic**

You should grow it together with lettuce, celery, peas, potatoes, and cucumbers.

### **Kale**

This is one of the most common vegetables, and extremely trendy right now. You can plant it together with other vegetables and fruits such as cabbage, tomatoes, cauliflower, and passion fruit.

### **Mushrooms**

They grow well with vegetables such as turnips, Brussels sprouts, turnips and fruit trees, as well as cabbage.

### **Onion (bulbing)**

You can plant your onions with many different kinds of vegetables. Some good examples here include broccoli, carrots, lettuce, cucumbers, peppers, passion fruit, and cabbage.

### **Pak Choi**

This type of vegetable requires high levels of nitrogen in the soil. Therefore, you should plant it together with plants such as beans and peas. To repel pests, you could also use onions or garlic.

### **Peas and Mange Tout**

They both grow well with plants such as turnip, cauliflower, garlic, and brassicas.

### **Potatoes**

They grow well together with beans, corn, passion fruit, and brassicas.

### **Radishes**

Growing radishes is easy, and ideally planted with eggplants, cucumbers, lettuce, peas, pole beans and common beans.

### **Spinach and Swiss Chard**

You can grow your spinach and Swiss chard together with passion fruit, cauliflower, and brassicas.

### **Runner Beans**

If you are planning to grow runner beans, you should consider planting them with plants such as strawberries, radishes, and celery.

### **Sweet Potatoes**

You can plant your sweet potatoes together with beans, corn or even peas.

### **Turnips**

Turnips grow well with plants like broccoli and peas..

# I must go down to the sea

Dick Carlyon

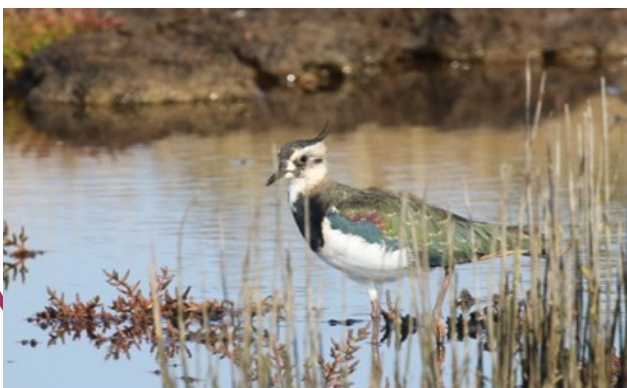
I have been in Weymouth for much of the last 3 months and have been reminded of its many differences and similarities to us. As any fule kno, Weymouth is blessed with sea, and this accounts for many of the differences. Firstly, it allows ships to visit and on many days you can see 7 or 8 cruise liners anchored in the bay. As the sun goes down, their lights come on and in misty conditions they present a ghostly scene. In others, a rising moon provides an illuminating backdrop.



Elsewhere, a seal has made quite a name for himself, boasting his own facebook page and team of volunteers who provide protection whilst he sunbathes on the beach looking out across to the liners.



Inland sees different wildlife. Huge areas are given over to meadows, recovered marshland & reed beds, providing much diversity. Kingfishers can be heard and there are some lapwing to be seen.



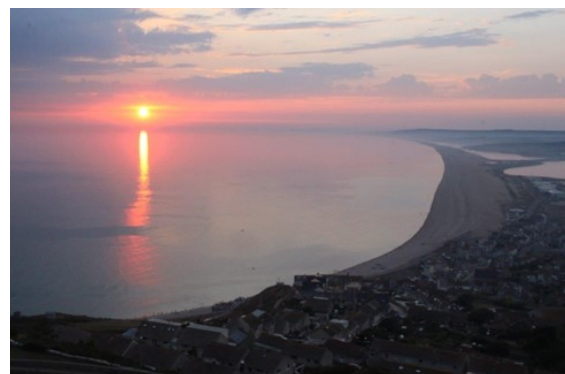
Blackberries and sloes are in abundance and it is a great shame that gin does not grow on trees. Like us, they have a visiting osprey and there are also a few ruff about (not the migratory grocklus grocolus).



Egrets, I saw a few, & also the odd windswept heron.



At the end of the day came the opportunity to visit the freshly vacated beaches for a swim or take a short drive to Portland. There, in July it was possible to see comet Neowise. Later, you could sit on a rock to watch the sun and its rose tipped fingers sink gracefully into the wine dark sea. (I might have mis-quoted the last bit – might have been the wine?).



## Uke build part 2 *Haydn Callow*

Last month we got as far in our Ukulele build to the point where we had the top, bottom and sides ready to assemble.

I first glue the top to the sides, another simple 'jig' is made to attach heavy duty rubber bands which will clamp things together whilst the glue sets (strips of cycle inner tube will also do the job) The piece of wood across the top has 2 long nails knocked through, this keeps the 'waist' at the correct width whilst the glue sets



Once the glue has set the top can be trimmed to shape, this can be done with saws, sandpaper etc, I have invested in a cheap hand router from eBay (approx £25) which makes the job very quick and easy, the router can be used later to cut the recesses for any trim/binding.



Now the base can be glued in much the same way as the top, again the router is used to trim off the excess. The instrument body is now complete apart from edge trim/binding.



If you notice, the mottled wood can be seen and after a very light stain this will look really good when all is finished.



Now onto the neck, this comes as blocks of pre shaped wood and now with the use of rasps, files and sandpaper it can be carefully shaped, this process cannot be rushed.



This is a good place to end this 2nd part of the build. In part 3 (next month) we will shape the neck, put the fret wire into the board and fit the neck to the body



## Brown Diamonds

*I was driving to work one morning and saw a carpet of beech leaves on the ground, covered with dew, and shining like bright brown diamonds in the early sun. Once again I wondered at the beauty we have around us, and rarely notice in the headlong rush of modern life.*

When young I felt perplexed with the  
uncertainty of seasons,  
Unruly nature, intruding and insisting on its  
own way,  
Long dark, drawn, cold nights of winter,  
When each man lies cocooned within a  
prison of his own.

Snowdrop periscopes inspecting the  
retreating ravages of winter,  
Then fresh green shoots to bring us hope  
and hint of better days,  
When snowmelts, foul brown stains on all it  
touches,  
Warning that newness will in time decay.

Long dreamy summer days when for a  
while,  
Nature content, fooling us, that we are  
master once again,

Daylight lasts 'til late in evening,  
Still there was never enough time.

When at last the days grow shorter with cold  
convulsive shivers  
Warn of what surely lies ahead,  
Then the leaves surrender to the autumn  
wind,  
Exposing the beauty of the skeleton within.

I walk through the beech woodlands  
content at last,  
For now I see the seasons all as beautiful  
times,  
In the morning dew touched beech leaves,  
brown and crimson,  
Bejewel the ground, each leaf a  
masterpiece

**Laurie Phillips**

**20<sup>th</sup> October 2005**

## Music from Laurie Phillips

*Listen and watch Laurie play  
Farewell Indiana,  
a David Hall video...  
.....select link below*



<https://drive.google.com/file/d/1oRPqVyLs7-viaZTPkrue6kwhTVwtJlr/view>

# I Smelled a Blackberry

Laurie Phillips 5<sup>th</sup> November 2004.



Soft brown autumn morning haunted by a feeble sun  
 Ink blot clouds restrain the coming of the light  
 Thoughts of time past and yet more time to come  
 I stopped and smelled a Blackberry

And so I stopped and shed my melancholy mood  
 Like trees discard their leaves at winter's first caress  
 Warm wafting scent recalls a time when life was good



To other days when I had smelled a Blackberry  
 A smell though tinged with natural decay  
 When summer fruit admits defeat and withers on the stalk  
 But for a moment time no longer held it's sway  
 For then I smelled a Blackberry

And so we pass the seasons not seeing what there is to see  
 Our indulgent passions blind us to the truth that nature holds  
 But for an instant all worldly cares were swept aside  
 As I stooped to smell a Blackberry

## Spot the Celeb



25	GEOFFREY FISHER ARCHBISHOP OF CANTERBURY
26	CHARLES LAUGHTON
27	GOLDA MEIR
28	ELIZABETH TAYLOR
29	HUGH GAITSKELL
30	ALICE ROBERTS
31	ISAMBARD K BRUNEL
32	SARAH LANCASHIRE
33	FRANÇOIS MITTERRAND
34	DENNIS PRICE
35	JOHN PROFUMO
36	RALPH VAUGHAN WILLIAMS
37	VICTORIA COREN (MITCHELL)
38	DAVID LLOYD GEORGE
39	BOB MONKHOUSE
40	URSULA ANDRESS
41	DIANA DORS
42	WILLI BRANDT
43	GROUCHO MARX
44	RITA HAYWORTH
45	STANLEY BALDWIN
46	GENERAL DOUGLAS MACARTHUR
47	GERALD NABARRO
48	LUCY WORSLEY

*Answers for September*

## Membership enrolment

Don't forget to re-apply for membership if not yet done.

If you have mislaid your application form, a replacement is available on

<https://u3asites.org.uk/files/s/somerton/docs/membershipenrolmentbw.pdf>



## Creative Covid Collaboration

### What's it all about?

We want to produce a national collage to celebrate the ways in which people have been using their craft activities to continue to connect, learn and support each other during lockdown. This is an opportunity for you and your U3A to be a part of a UK-wide collaboration showcasing the best of the U3A movement.

The collage will be formed of hundreds (hopefully!) of pictures of squares, individually designed and created by members and U3As across the country. We will bring them all together to form a giant digital collage, and make them available as a marker of this period, in both virtual and physical book form. We will also share your photo and description on our website and social media channels.

<https://u3a.org.uk/learning/creative-covid-collaboration>

## AGM

### AGM minutes

<https://u3asites.org.uk/files/s/somerton/docs/somertonu3aagm25thseptember2020.pdf>

### AGM poll results

<https://u3asites.org.uk/files/s/somerton/docs/agmpollresults.pdf>

Please send all articles for the Newsletter to the editor [kaywilliamson46@hotmail.com](mailto:kaywilliamson46@hotmail.com)

**Deadline for the November edition...20th October**

**No entries can be accepted after this date.**

Pictures welcome, but keep script brief

Minimum formatting please...**no pdfs!**

Web site:<https://u3asites.org.uk/somerton/home>