

Information Sheet October 2023

Editor: Dave Rogers Email editor@u3a.co



Meet at Community Centre
Prebendal Avenue
1.30 p.m. for Notices at 2.00 p.m.
Refreshments available
Speaker booked for 2.45 p.m.

Date	Speaker	Title
19 th October 23	Jo Laurie	Charing Cross to China
An illustrated talk about the extraordinary adventures of a nurse trained in the UK in the late 20s.		
Jo Laurie will be bringing some Christmas cards for sale which she produces for the RAF Benevolent Society: both Graham and Jo support this charity with their talks. The cards will be on sale during the tea break as, on this occasion, Jo needs to leave promptly for another engagement.		
16 th November 23	Keith Muras	KGB Part 2
A follow-on talk from that given in March		

Geoff Short – Chair

Welcome to the Newsletter for September 2023. A big thank you to all contributors and especially to Dave Rogers who we welcome back to his position as editor. We thank Solomon Awadzi for his assistance in keeping the newsletter going over the last few months while Dave recovered from his fall. We have been very grateful for Sol's help over this time and are pleased that he has agreed to join our committee for the rest of this u3a year.

Our speaker this month is Jo Laurie whose talk is entitled "Charing Cross to China", an illustrated talk about the extraordinary adventures of a nurse trained in the UK in the late '20's.

Next year, 2024, will see the end of my stint as Chair for our u3a group. If we wish to continue through 2024 and beyond, someone needs to come forward to take over. I did so to keep the group going three years ago (how time flies!) and now we need someone else to come forward to do the same in May 2024. Please give this your thoughts and, if you are interested, give me a call. No Chair means no group and that would be a shame.

Finally, a house keeping note for anyone who has been involved in getting out or putting away our media equipment such as speakers and microphones. Up to now we have had the shared use of a cupboard off the

main hall, close to the kitchen. From August, our equipment has been moved to a cupboard close to the entrance into the community centre. This will be for our group's use only.



2023 TRIPS REPORT

Five Trips were arranged this year aided by a Harding Trust Grant towards coach costs.

3rd April. Trip to the Globe Theatre

15 booked for the tour and 8 for coach only to London.

The guided tour was excellent, the guide was very informative, knowledgeable, amusing and user friendly and it was a lovely sunny spring day to explore around the area.

2nd May. American and Quilting Museum near Bath.

25 booked for this trip.

The museum was set in a beautiful rural location and had exhibits of 'First Nation' and settlers' ways of life and artifacts. A hidden gem. It seems that what most of us called a wigwam is, in fact, a tepee!

A wigwam is a more structured building.

The numerous displayed quilts were incredible works of art, beautiful. Another fine but windy) day and lovely grounds to explore.

1st June. Audley End House. Saffron Walden.

37 booked for this trip.

An English Heritage property which allowed us free entry as an educational group, which was a bonus.

The house has a long and very varied history through many incarnations through the 16th and 17th centuries: Thomas Audley, Earl of Suffolk and returned to The Howards in 1701 when it went into decline.

The Polish SOE trained there 1941-4.

Another fine warm day!

12th July Whitstable in Kent.

31 booked for this trip.

The 'weather gods' were again kind for our trip to the seaside. A delightful traditional unspoilt English seaside fishing town and harbour renowned for oysters. The fish and chips were very tasty! Rain threatened but decided to stay away.

12th September Weald & Downland Living Museum, Chichester.

43 booked for this trip.

The Home of the T.V. programme 'The Repair Shop'.

Set in beautiful grounds are many interesting exhibits of rural buildings, gardens and workshops across the ages. For those who enjoy watching The Repair Shop it was interesting to see where it is located. This time the 'weather gods' were too enthusiastic as it was exceptionally hot, but we battled on. Good cafe !!

The Trips Team hope you enjoyed the variety of venues this year. We have taken note of your suggestions for 2024 and have produced a 'whittled down' list of 12 ideas taking into account distance, variety and costs. This will be available for members to choose their favourites and then 5 or 6 will be selected.

Regards from your trips team
Blaik.

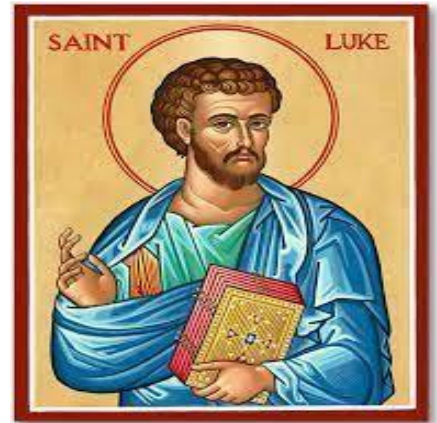
Michael Walden, Ann Burman Sally Smith and Chris

Dave Rogers – Editor

Firstly, I would like to thank Solo Awadzi for editing the last three Newsletters for July, August & September. Each was an extremely good read. Thank you, Solomon.

Whip Dog Day during the Regency Era

Whip Dog Day coincides with St Luke's Day on 18th October as it was on that particular day that the incident happened at a service in York Minister. St. Luke wrote a greater volume of the New Testament than any other single author, including the earliest history of the Church (Acts of the Apostles) as well as his Gospel. Luke, a Gentile, travelled with St Paul as his physician. Ancient traditions also acknowledge Luke as the founder of Christian iconography, making him a patron of artists as well as doctors and other medical caregivers.



It would not be unknown for Catholic churches and large Anglican churches to hold a Mass or Holy Communion Service early on the 18th October to celebrate the life of such a man,

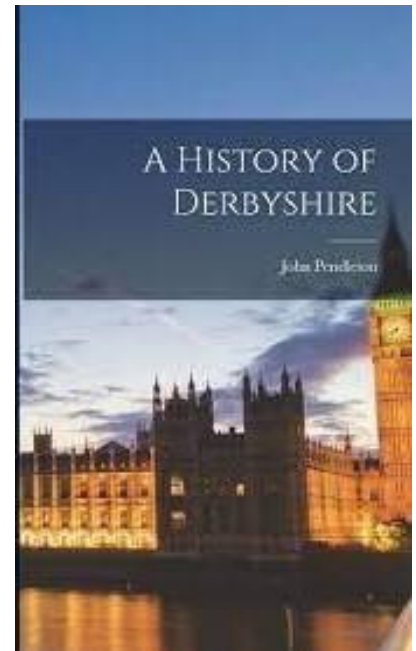


In York Minister (year unknown), a young priest was officiating at such a service when he dropped the consecrated wafer. A stray dog immediately ate the wafer to the consternation of the priest and the congregation. It was chased, caught and killed. To remember this incident, Yorkshire introduced Whipping Dog Day when all dogs roaming the streets were chased (whipped) out of town.

Thereafter, York Minister, employed a Whipper Upper to control stray dogs or dogs owned by members of the congregation who had to be left outside the church. Young dogs, in particular, tried to follow their master/mistress into the church.

What started in Yorkshire was quickly adopted by other Anglican Churches throughout the country. The best description of employment of Whipper Uppers can be found in *A History of Derbyshire* - author John Pendleton who writes this about the village of Baslow.

“The church, dark and sombre with age, stands just off the main road through the village. ‘In the vestry,’ says Mr. Cox, in his work on Churches of Derbyshire, ‘there still remains the weapon of the ancient parish functionary of whom we read so many churchwardens’ accounts in almost every county of England – the dog whipper. It was his duty to whip the dogs out of church, and generally to look after the orderly behavior of both bipeds and quadrupeds during divine service. The whip in question has a stout lash some three feet in length, fastened to a short ash-stick with leather bound round the handle. It is said there are persons yet living in the parish who can remember the whip being used. We believe it to be a unique curiosity, as we cannot find another parish in which the whip is still extant.’ This church was not at all singular of a dog-whipper. In the Youlgreave register there is an entry showing that in 1609 the sum of sixteen pence was paid to Robert Walton ‘for whipping ye dogges forth of ye church in time of Divynne service;’ and at Castleton, in 1722, ten shillings were paid to the ‘sluggard-waker,’ a still more startling functionary, whose duty it was to awake drowsy members of the congregation by tapping them on the head with a long wand.” Thankfully, the practice of celebrating Whip Dog Day died out in the late 1800s when we humans made the turn and began viewing animals in a more humane light. Dogs became “man’s best friend.” Nowadays we are all familiar with “Guide Dogs for the Blind” and other medical needs where dogs are our faithful companions. The thought of ill-treating dogs or any other animal is abhorrent, so, Whip Dog Day is an observance that is no longer practiced today.



Christmas Raffle

**We need somebody to organise the Christmas Raffle at the December meeting.
Anybody interested in this job please contact the Chair**

Jasmine & Simon Reeks – Local History Group

**Thursday 23rd November Rupert’s Retrospective at the Methodist Church Rooms
4&5 upstairs. 10.30 for 11.00.**

Please do not arrive before 10.30 unless you have volunteered for “duties”, who can arrive after 10.00. The meeting will be free of charge but do check in at the desk upstairs. Offers for help with refreshments and washing up – thank you Sandie and Pat. Any offers on a donated cake – thank you Rosemary.

No meeting in December but our planning meeting is booked for 25.01.2024 at the Methodist Church at 10.30. Don’t forget, we will be checking members’ details so we can keep in touch.

Thanks to all our organisers and facilitators for without you there would be no group.

I think we have had a good and varied year. Thinking caps on for 2024. We have two meetings already planned and a couple of possibilities. It removes some of the strain if we have more ideas and leaders. Thank you.

Ann Burman – Quiz Group



The next meeting of the Quiz group is on Tuesday 17th October 2023 at Foxhills Indoor Bowls Club. Any problems please contact Ann Burman on 01296 422084 or Chris Blaik on 01296 425964

Jim Wilding – Group Leader

History Of Transport

Our next meeting will be at 9, Mill Mead, Wendover at 2.30 on Wednesday, 18th October, when the subject will be “The Snaefell Mountain Railway”, and we will make arrangements for a visit to the Oxford Bus Museum.



Musical Appreciation

Our next meeting will be on Tuesday, 24th October, 2.30, at 9 Mill Mead, Wendover.

Jan Paver – Pub Walks



The pub walking group have had a very successful summer, covering lots of ground and enjoying the pub lunches afterwards. Thanks everyone for your support of this group.

We are taking a break now over the winter but will hopefully start up again in March or April next year.

Simon Reeks – Gadget Group

A rather hectic month with members helped out with laptop, PC, printer, mobile and email issues, along with other matters.

I've noticed a recurring issue of device screens being peered at trying to find the elusive cursor. I suspect that this may be due to cataract problems where a grey pointer is difficult to find on a grey screen. It's recommended (by me, anyway) to increase the size of the cursor and to change the colour (orange always seems to be a good option) - let me know if you need any help.

If you need a (free!) PC, advice about the new Windows 11 (highly recommended) or indeed any other (non-Apple) "gadget" subject, please contact me and I'll see what I can do, by phone/email on 01296 482735 or reeks@fangio.co.uk



Next Contribution Date Friday 10th November 2023

Could YOU do this job? Webmaster

Main responsibilities:

- **Maintain website, and deal with incoming messages or spam**
- **Update group information if provided by group leaders, including dates of forthcoming meetings and planned trips.**
- **Upload copies of the monthly newsletter to the website**
- **Upload photos provided by members and file in appropriate section.**
- **Keep aware of copyright laws and ensure that no material on the website breaches copyright.**
- **Keep aware of data protection regulations and ensure that material on the website does not breach these.**
- **Setup, maintain and manage social media accounts such as facebook to facilitate communication between members.**
- **Report security breaches and other website issues to the chairman and committee members.**

David Mummery – Webmaster

WHO WANTS TO BE A VOLUNTEER?

Whether you're the type of person who craves a lot of social interaction or whether you prefer as little as possible, volunteering has social, career and personal benefits.

You may be able to find your purpose through volunteering and becoming part of something greater than yourself. For instance, if you're retired, unexpectedly unemployed or have lost a loved one, helping others can give your life new meaning and keep you mentally stimulated.

Volunteering is a great way to meet new friends as well as strengthening connections with friends and family. As a volunteer, you'll typically interact with people from diverse backgrounds, which allows you to learn other perspectives.

Volunteering may boost your self-esteem and self-confidence. When you do something you feel is worthwhile and valuable for your community, it gives you a sense of accomplishment that may help you feel more fulfilled about your life and any future goals.

It often feels good to contribute to projects and organisations that mean something to you. These good feelings can help lessen the effects of stress or anxiety in your life. Volunteering may provide you with the tools you need to be a happy and well-rounded individual. Building bonds and connections with people you volunteer also may counteract any social isolation.

Of course, if you don't feel like volunteering (ugh!) then think of starting something new and encourage people to join with you. *(Although I did not realise it at the time, this is how I started volunteering by becoming a founder member of the Computer Education Group in August 1964 – Editor.)*

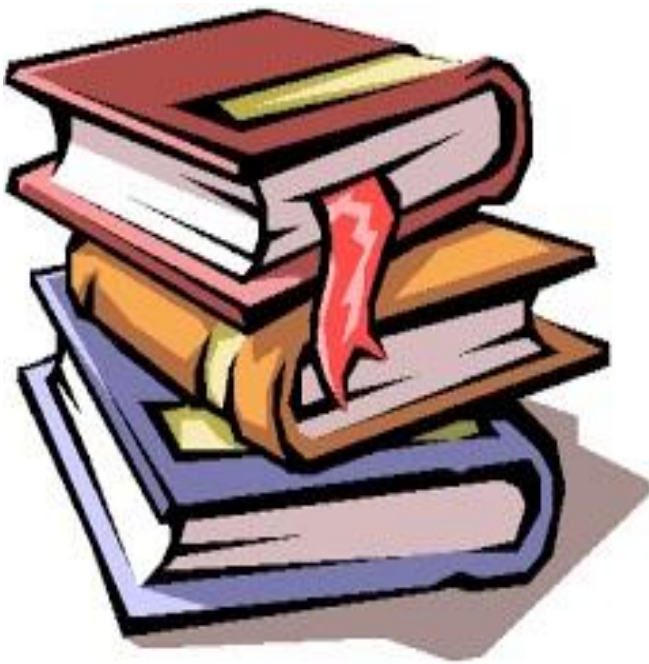
A final word. As we get older, we need a mental stimulus to prevent early ageing and to escape from some of the illnesses that may almost inevitably develop. Keeping company with younger people will keep you feeling young.

Summary (Editor)

Volunteering

- Provides you with a sense of purpose. ...
- Provides a sense of community. ...
- Helps you meet new friends. ...
- Increases your social skills. ...
- Improves self-esteem. ...
- Teaches you valuable skills.
- Brings fun into your life.

A GOOD READ



We are in a world full of misinformation and social media that carries all sorts of dangers that is often not so social. Yellow papers sometimes distort the truth getting you to think along the lines of their political masters. The output of television is so huge, it leads to less quality.

[It is time to pick up a book.](#)

Reading is good for our health. It is to the mind as exercise is to the body. Mental stimulation is one of the factors that can delay the onset of dementia and reading is among the activities that can help to keep the brain active. It is far from a passive pastime. When we read, we create mental simulations of the activities, sights and sounds of scenes in a story. Taking the time to immerse yourself in a book provides numerous health benefits.

Reading for pleasure has been found to improve our confidence and self-esteem, providing the grounding we need to pursue our goals and make life decisions. It can also aid our sleep and reduce feelings of loneliness.

A novel requires all your attention for it to whisk you away to another world. We can watch these stories unfold on television, which is a passive pastime, but when we read them instead, we actively engage with the subject, characters and surroundings. Losing yourself in a book is the ultimate relaxation, and libraries are free to use.

Bottom line, our brains have a “use it or lose it” policy, just like our muscles. If we don’t use our minds regularly, our cognitive abilities may decline. However, when we read every day, we can keep them strong and healthy. Finally, reading also helps improve our communication skills by increasing our ability to empathize and understand others.

Older adults who regularly read or play mentally challenging games like chess are much less likely to develop Alzheimer’s disease. That is the reason that Mid Bucks has a quiz group – it helps to engage our minds in the same way. We also use our meetings to socialise, meet old friends and engage with new ones.

David Mummery

Disclaimer: This article represents the opinions of the author and aspects do not necessarily reflect the views of the u3a.

