

We have received notification of some interesting online workshops that are available to all Southport U3A members. If you are interested, please book using the link below, do not reply to Southport U3A.



In partnership with the Barclays Digital Eagles team, the Trust will be delivering programmes to boost u3a members' confidence online.

Click [HERE](#) to book any of the session shown.

Internet Basics

- Thursday 13th May 10:00-11:30

This session has been designed to cover some internet basics: Broadband, browsers and search engines, top tips for searching for something on the internet, setting up an email, connecting to a Zoom call, connecting to the internet (iOS and Android), (we also have content which covers different versions of windows for laptops if required)

Digital Safety

- Friday 14th May 10:00-11:30 or
- Friday 14th May 13:30-15:30

How to stay safe while using your digital devices. This includes identifying common fraud and scams,

making sure your passwords are strong enough, what to look out for and understanding how you can protect yourself.

Entertainment online

- Thursday 13th 13:30-15:00

An engaging session focusing on how to maximise the potential of using your digital device to keep you entertained. From downloading apps, to virtual tours and social media, finding more ways to bring some entertainment into your home.

An Introduction to Digital Wings

- Wednesday 12th May 10:00-11:30 or
- Wednesday 12th May 13:30-15:00

For those who are looking to improve their digital skills further, whether you're a beginner or more advanced this session will introduce you to our free learning platform Digital Wings. We will give you a tour and show you some ways to get the best from the site so you can continue your learning at the right time and pace to suit you. This session will not cover previous topics but is a session to recap and answer questions for attendees from the previous sessions.

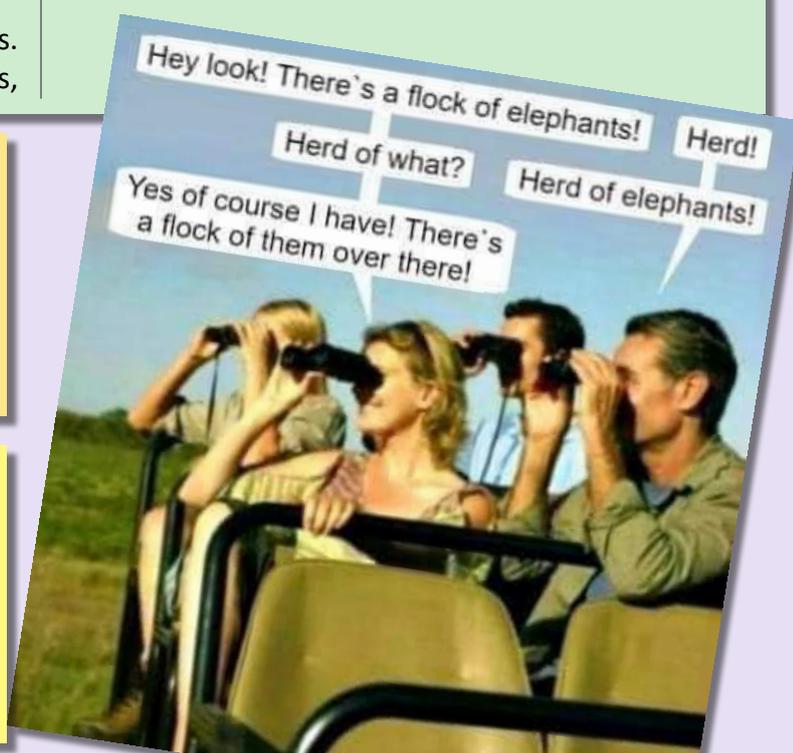


If you have ever had to raise a teenager, or are doing so at the moment, I'm sure you will appreciate this behavioural study by Harry Enfield. Click [HERE](#) to watch the video.

One of the best comedy panel shows has to be 'Would I Lie To You'. Well, in my opinion anyway.



Click [HERE](#) to watch an episode about a menacing cat.





"APITOURISM"

(travelling for bees)

by our own Francine Segar,
Beekeeper and Southport u3a member

Thursday 20 May at 2pm



When a simple hobby can become a passion, and lead to unexpected travels...

Being a hobby-beekeeper in the UK is easy, and any 'honey money' is just a bonus. But for the poorest people in the world, beekeeping can be a life-changing experience. All they need is a little help...

Sceptical? You are not alone. However, we can go on a "bee safari" to see for ourselves the impact that charitable work can have, and how the money raised is actually used (and not misused).



Two very different trips, one to specifically witness the impact of Bees for Development's work, the other more of a fund-raiser - but both are events that UK beekeepers find incredibly interesting and enjoyable.



**THURSDAY
20TH MAY
ON ZOOM
DON'T MISS IT!!**

TESLA CRASH



 You don't have to be an F1 fan to appreciate how much the cars have changed over the years. In recent years there has been a drive towards greener engines, with the current iteration being a hybrid which has provided a lot of benefits in road cars. Click [HERE](#) to watch a video about the evolution of F1 engines.

The following is a story that I experienced as leader of the Family History Group and I'm hopeful that the lady, (who shall remain nameless) will not object.

She needed help with a problem regarding her grandmother who had been incarcerated in the Rainhill Mental Asylum in 1923 that served Liverpool. I knew that the Liverpool Record Office, part of the main library, had records for Rainhill and I advised her to phone and make an appointment to view the records and to ensure she took a camera with her to photograph them if she found what she needed.

About a month later the lady with a big beaming smile entered Southport Library and recalled what had happened on her visit. They had her record and it showed her grandmother had attempted to take her own life, after losing three children, by jumping into the canal.



Some good news - one of our members has stepped forward and offered to help us redevelop our website. Initial design work has now started, so keep an eye open in the coming months, for further announcements.

She was suffering what is now referred to as Post Natal Depression. The lady was pleased to know that they didn't have a lunatic in the family, but the family had no photographs of her. The Record Office came to her assistance and she came home with two photos of her, one when her grandmother was admitted to the asylum and another when she was discharged twelve months later.

Liverpool like most cities abounds with records that survived the WW11 blitz and are available to all.

Looking ahead, will the following members of the Fam, Hist. Contact me on col.chep@btinternet.com with regards to our future meetings.

- Tony Houghton
- David Matthews
- Janet Hart
- Robert Hale
- Judith Foster
- John Aspinall

Colin Weir



learn,
laugh,
live

NAME THE BRANDS - ANSWERS

- 1 - PRINGLES
- 2 - RED BULL
- 3 - McCAIN CHIPS
- 4 - BIRDS EYE
- 5 - JOHN WEST
- 6 - FINISH DISHWASHING TABLETS
- 7 - MALTESERS
- 8 - LURPAK
- 9 - CATHEDRAL CITY CHEESE
- 10 - MR KIPLING
- 11 - PERSIL
- 12 - PEPSI COLA

Proof Positive

In desperation, I started looking at other options. How about a bread proving oven?

Fine, if I wanted to spend £180.

We are thinking of replacing our range cooker so how about one with a warming drawer? I managed to find one, but at a cost of around £1,000 more than an equivalent model without the warming drawer!

I've been making my own bread for a good number of years now. Although I started by using a bread machine I eventually discovered the therapeutic benefits of hand kneading the dough.



Although I love making bread I've always struggled with reliably proving the dough before baking. Sometimes it proved perfectly but, frustratingly, at other times it just would not prove at all. For dough to prove it needs to be kept in a warm place, preferably around 25c, with as little disturbance as possible.

Ironically, I had most success during cold weather. This was thanks to our downstairs toilet, which is lovely and warm when the heating is on. Unfortunately, warm weather was a different matter. I tried all sorts of tricks; a tray of boiling water in the oven, having the oven on for a short while to warm up, a fan heater near the dough, none proved effective.

Deciding it was about time I took matters into my own hands. I did a little more research then spent the grand total of £38. For that, I bought a plastic storage box with lid (which I insulated with some old padded envelopes), a seedling heat mat and a thermostat. It is still fairly early days but so far the results have been spectacular, even with a wholemeal loaf! When I've finished, the kit all goes in the box and can be stored under the bed! The photos show the set up and the result (no photo of the loaf, we ate it).

Now, what can I buy with that £1,000?

Ian Homewood





Photo Group 1 Monthly Theme - Looking Up

Below is a random selection of images captured by photo group 1 for this month's theme. To see the full collection click [HERE](#).

