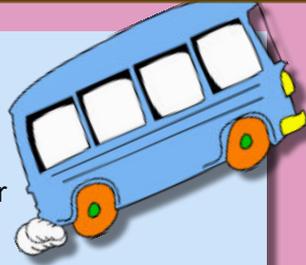


## COACH TRIPS

The following coach trips are being organised. Stay tuned for details of how to book.



### Saturday 4th September -Bowness on Lake Windermere

This is an opportunity to explore this part of the Lake District as you wish. We will depart from Southport at 8.30am and return approximately at 6.00pm

The cost will include coach travel, parking fees and driver's tip

Further details on the costs and booking process to follow very shortly

### Mid September- RHS Bridgewater

Following a number of requests this is an opportunity to explore this recently opened RHS Bridgewater in Salford. We will depart Southport at 10.00am and return approximately at 5.30pm

The cost will include coach travel, parking fees and driver's tip

Further details on the costs and booking process to follow (We are currently awaiting for September dates to be released)

### Advice for walking groups and others...

Some footpaths may not have been as well walked as usual in the past 18 months, but the best thing we can do is get out and walk them. If you have been wading through undergrowth, do remember to check for ticks which are rampant in many parts of the country and can carry infections, including Lyme disease. There is good advice on tic prevention, what to look out for, and how to remove them safely if you have been bitten, on the [NHS website](https://www.nhs.uk).



In many old buildings throughout the UK, you will find the "Ancient Lights" sign placed under windows. As per English property law, it gives the property owner the right to light received through and from the window. The law states that windows that have been used for light for 20 years or more cannot be obstructed by any new building, wall, or tree.

[unbelievable-facts.com](https://www.unbelievable-facts.com)



I have received the following note from one of our members, Christopher Coxhead.

"I have a favour to ask, for my sins I am a Burnley FC season ticket holder.

I have Parkinsons which is not properly under control at the moment thanks to a much awaited Lumbar decompression at the Walton Centre 3 months ago.

I am trying to find a lift to our home games because I am not sure it would be sensible to drive all that way myself.

Please can you ask if anyone from the U3A or knows someone who might be prepared to give me a lift to the matches.

Kind regards

Christopher"

If you are able to help Christopher, please [email me](mailto:editor@southportu3a.org.uk) and I will pass on your contact details.

## When I was on the ward

The following poem was written by Christopher, the Burnley fan looking for a lift to home games.

When I was on the ward,  
I could not get to sleep,  
A snorer across from me,  
Could snore for England.  
While I can only weep,  
And shout my needy plea.

Wake up, wake up, and stop your noise and let  
me get some rest.

When I was on the ward,  
No way I ever slept,  
Every hour on the hour,  
Nurse would touch my head.  
I really could have wept,  
No wonder I was dour.

Stop nurse, stop nurse, leave well alone and let  
me get some sleep.

When I was on the ward,  
The snorer woke oh joy.  
Night nurse gone home to bed,  
Ward wins quietness award  
Lights on, day staff to annoy,  
Put pillow over my head.

Hold on, hold on, stop the day, and let me get  
some rest



When I was on the ward,  
Physio came and bullied,  
Cleaners swept and polished,  
Doctor tutored his horde,  
Everyone harried,  
Nurses from bed to bed.

Enough, enough, I've had enough, send me  
home to bed.

When I was on the ward,  
Every day was busy,  
Every night was noisy,  
I was tired, and bored.  
Treatment made me dizzy,  
Still the horror snored.

I surrender, I surrender, I give up, just make me  
better please.

When I was on the ward.  
Surgeon came to see me,  
said he could do no more,  
Exhausted I nodded.  
Inside, chortling with glee.  
Their showing me the door.

Ambulance, Ambulance, take me home, I might  
be in time for tea

When I was off the ward,  
Getting better each day,  
With lots of precious sleep,  
Make sure I'm recovered  
And aid my cure each day.  
NHS cure not sleep.

NHS,NHS, Aneurin Bevin, thanks so very much.

*Christopher Coxhead*

### Arachnaphobes look away now!

There is a spider in this  
world, which doesn't  
need a web and which can  
kill and eat a Possum!



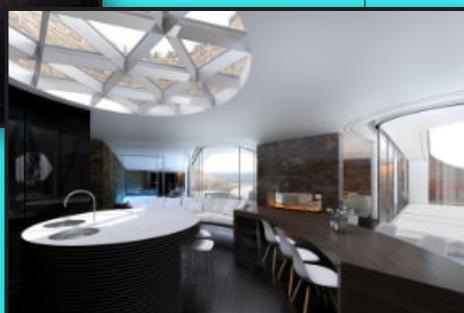
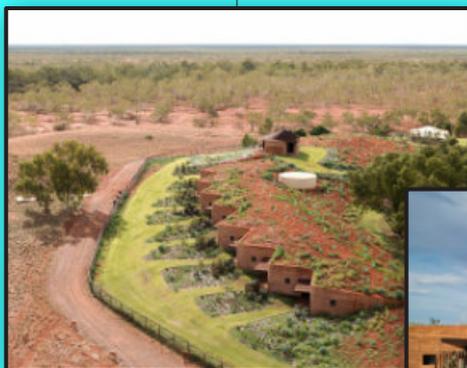
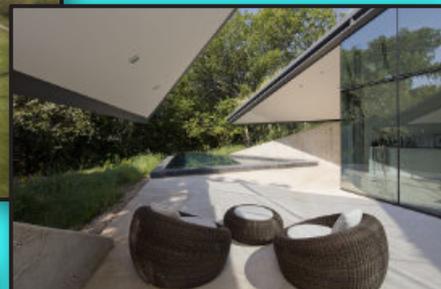
If you are not squeamish about spiders, click [HERE](#)  
to read the article. If you are squeamish, this may  
be a good way to confront your fears...

Photo Group 1  
had a very  
enjoyable field  
trip to the  
Botanic Gardens  
this week. Look  
out for the  
photos once the  
members have  
had chance to  
process them.



1. What name is given to a clear soup with thin strips of vegetables?
2. What is the head waiter at a French restaurant called?
3. How is a herring turned into a kipper?
4. How is a drink served when it is described as Frappe?
5. What is a sorbet?
6. Coquille St Jaques is a fancy name for what?
7. Which US state exports the most wine?
8. In which country would you expect to be served a yoghurt-based starter called 'tzatziki'?
9. Which type of rice should be used to make the Italian dish risotto?
10. What part of a wine bottle is the punt?
11. What drink did Dom Perignon invent?
12. What are dried plums called
13. Which spirit is fermented and distilled from sugar cane?
14. What gives pasta its green colour?
15. What is the other name for a ground nut or a peanut?
16. What is the salted roe of a sturgeon called?
17. Who was the roman god of wine?
18. Which cereal is the only one grown standing in water?
19. Of what is bonito a variety?
20. Where were the first European coffee houses opened?
21. Ireland, the UK and Turkey rank first, second and third in the world in the consumption of what?
22. How is steak tartare cooked?
23. What is a lift for food in a restaurant known as?
24. Which two stouts are brewed in cork?

All around the world architects are increasingly designing houses that merge with the existing landscape - literally! Homes that use the natural contours of the earth can be very efficient in heating and cooling as well as environmentally friendly. In fact, many of these architects are designing these as homes for themselves. Here are some examples.





The Welsh Victorian seaside town of Llandudno has been a firm favourite holiday resort for many of our members over the years and many welcome the opportunity of revisiting the resort to relive some favourite memories either by staying in the resort or making the most of a day trip.

learn,  
laugh,  
live



On Saturday 5th May 2018 the U3A enjoyed a day trip to Llandudno which was hosting its annual Victorian Extravaganza. We started the day with a short stop at Tweedmill for a coffee break and then arrived in Llandudno in time for the grand parade. This included many attractions from the Victorian era including steam powered engines. In and around the town centre there were many attractions, including people in Victorian costume, which added to the event and to the atmosphere of this Victorian seaside resort.





## GINGERED HONEY CARROTS

This takes a little more time than just boiling your carrots to death but gives double the flavour!

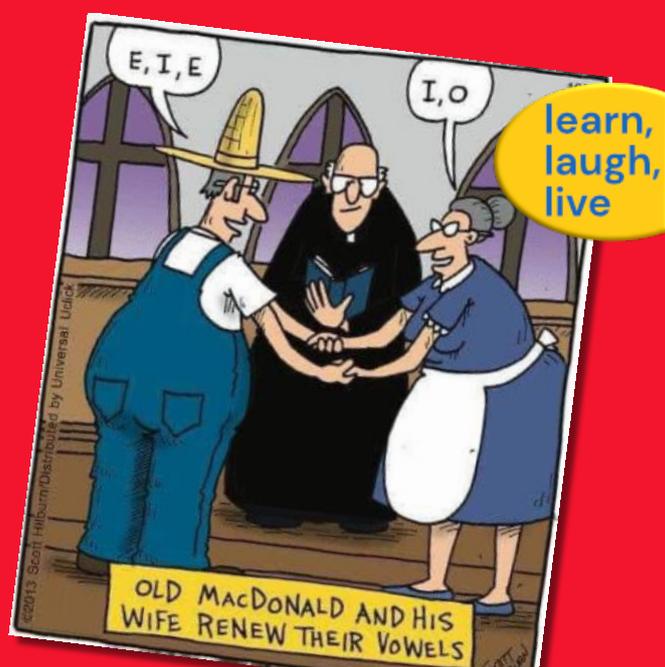
### Serves 4

60g (2oz) butter  
 about 500g (1lb) carrots cut into batons  
 a 5cm (2") piece of fresh ginger, peeled and grated  
 1 tbsp honey (it doesn't have to be your best honey, supermarket stuff will do)  
 ½ tsp cumin seeds, toasted (you can do this by stirring them around a hot frying pan for a minute)

Melt the butter in a large frying pan, add the carrots and the ginger and sauté for 2-3 minutes.

Add the honey and cook for a further 5+ minutes (until the carrots are tender but still firm).

Add the toasted cumin seeds, toss thoroughly and warm through for a minute before serving.



With a very seductive voice a wife asked her husband. "Have you ever seen Twenty quid all crumpled up?"

"No" said her husband.

She gave him a sexy little smile unbuttoned the top three buttons of her blouse and slowly reached down in her cleavage created by a soft, silky pushup bra and pulled out a crumpled Twenty pound note

He took the crumpled Twenty pound from her and smiled approvingly. She then asked "Have you ever seen Fifty pounds all crumpled up?"

"No I haven't" he said, an anxious tone in his voice.

She gave him another sexy little smile pulled up her skirt, seductively reached into her tight sheer panties and pulled out a crumpled Fifty pound note.

He took the crumpled Fifty pound note and started breathing a little quicker with anticipation.

"Now" she said "Have you ever seen 50,000 pounds all crumpled up?"

"No way" he said becoming even more aroused and excited to which she replied:

"Go look in the garage."



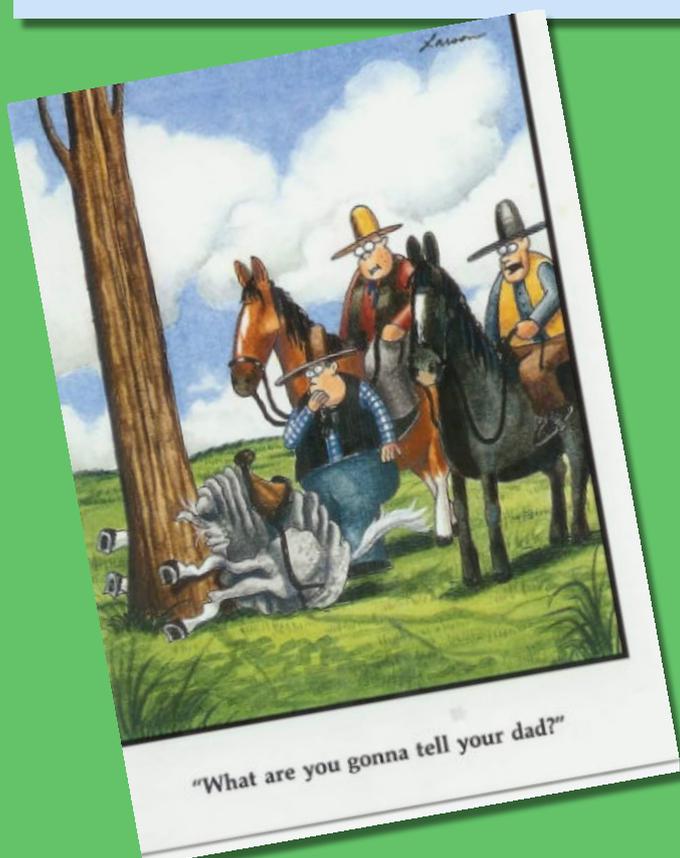
In the 1920s, Aloha Wanderwell became the first woman to drive around the world. Along the way, she made friends with Chinese bandits, used water buffalo to tow her Model T across rivers in India, and disguised herself as a man to pray in Mecca.

1. *Julienne*
2. *Maitre d' or maitre d' hotel*
3. *Soaked (in brine) & smoked (over an oak fire)*
4. *With finely crushed ice*
5. *A water ice*
6. *Scallops*
7. *California*
8. *Greece*
9. *Arborio (or vialone)*
10. *The indentation in the base*
11. *Champagne*
12. *Prunes*
13. *Rum*
14. *Spinach*
15. *Monkey Nut*
16. *Caviar*
17. *Bacchus*
18. *Rice*
19. *Tuna*
20. *Vienna*
21. *Tea*
22. *It is served raw*
23. *A dumb waiter*
24. *Murphy's and Beamish*



It's Big Band time! Click [HERE](#) to watch 'Smoke Gets In Your Eyes', being played by Raabe & Palast Orchestra live in Admiralspalast.

You may have noticed that the 2020 Tokyo Olympics are on and Team GB is doing pretty well again. If you haven't had enough yet, click [HERE](#) to watch a video of the 10 greatest moments of past Olympics.



### On This Day - 31<sup>st</sup> July 1971



On this day in 1971, Apollo 15 astronauts James B. Irwin and David Scott first used the four-wheeled battery-powered Lunar Roving Vehicle to extensively explore the Moon's surface, in particular the Hadley-Apennine site.