



Happy Halloween!

Although October 31st has more or less been taken over by American traditions, it is still celebrated every year by many people (and not just children).

Click [HERE](#) to read some Halloween trivia and [HERE](#) for a historical perspective.

Halloween Make-Up

Thinking of dressing up, ready for the trick-or-treaters? Click [HERE](#) for some ideas which will keep them away in the future.

New Email Address For Editorial

We now have an official email address for you to send all of your content - editor@southportu3a.org.uk.

If you have anything you think would make an interesting article, joke, quiz or cartoon for the newsletter please send it to this email address. Remember, you will be helping to keep your fellow members entertained during this difficult time so don't hold back!

U3a Eye

Everybody (well almost) has a camera these days, whether it be a dedicated camera or a camera on a smartphone. Even if you are not a member of one of our photo groups you can still participate in U3a eye. There is a new theme each month and the best of the submissions are shown on the website. Click [HERE](#) to view the page.

The Force Is Strong In This One!

Have you ever longed for your very own Star Wars light saber? So did the engineers at Hacksmith Entertainment, so much in fact that they set about making one. Click [HERE](#) to watch the video.

Lockdown Lullaby

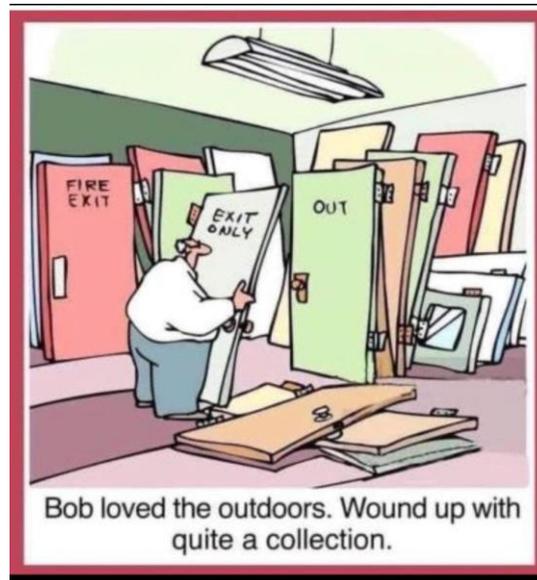
Click [HERE](#) to listen to a song with which you may identify.

Time For A G&T?

If you are partial to the occasional gin & tonic and have an adventurous spirit (sorry), click [HERE](#) to see some variations of the classic. Remember to always drink responsibly.

U3A Pilates 1

Pilates 1 is back at St John's church from Tuesday, 27th Oct (apologies for the late notification). The church has confirmed the booking.



Cauldrons To Coffins

With all the historical properties the National Trust own it is no wonder they have plenty of creepy stories and artefacts. Click [HERE](#) to read about some of them.

Bridge Evenings

Not looking forward to the long winter evenings? Wondering what to do? Why not learn to play bridge. Brenda Jones is proposing

bridge for beginners on zoom on Thursdays at 4pm. It is for absolute beginners so there will be hints tips and homework. Email Brenda.j83@gmail.com for details.

The Ouija Board

We can't let Halloween go without mentioning one of the most recognised horror props. Click [HERE](#) to read the history of the board which has been used in many a film, to summon evil spirits.

Dancing With A Difference

Ignore the 'Americas Got Talent' production techniques and just enjoy the skill in this performance from an amateur dance troupe.

Click [HERE](#) to watch the video.



U3A Cycling Group's Last Meeting

We had our last cycling meeting of the year this week, led as always by Dave Moore. Previously we have been big fans of the Merseyrail system, which has taken us to various starting points for our trips. However, due to Covid we have made a conscious effort to avoid the trains and have stuck to runs around Southport where we did not have to use public transport.



This week's run started at Kings Gardens and consisted of 15 miles up the coast and then a big loop around the town finishing again at Kings Gardens. The idea was that we would stop at the café opposite the pier and have a socially distanced coffee before departing for the winter. However, Owain and his weather got in the way and we all got drenched as we made our way back. Too wet for coffee – but an enjoyable last ride just the same.

Halloween Recipes

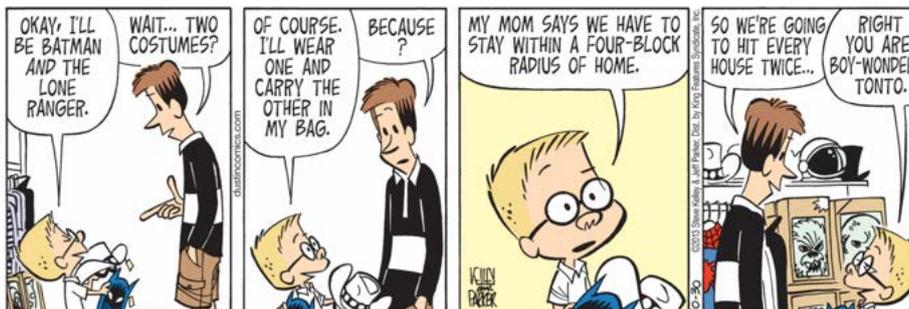
Set your spooky imagination free with these savoury recipes from BBC Good Food. Click [HERE](#) to view the page.

Pilates Merry-Go-Round



Thanks to good work by our Group Leader, Sharon Partington, we have been able to run Pilates all the way through the Covid crisis. When the lockdown finished Sharon and our trainer, Sandie, converted us into a zoom-based group. Then in the summer when the restrictions eased, we were able to go back to live sessions at St Johns. But not for long!! Along came Tier 3 restrictions and we were once again forced into running by Zoom as Gyms and Sports Halls were shut. However, with the recent change of heart by the Government and the reopening of Gyms we are now once again able to meet in a socially distanced group!!

What a difference it makes to have human contact (albeit 2 metres away!!) rather than the splendid isolation of Zoom at home. At least we can now watch each other again and figure out what we are supposed to be doing!



BikeRight

Get active, get fit, get cycling with **free** cycle training courses.

BikeRight! Merseyside Road Safety Partnership and Liverpool City Region are offering free cycle training to residents of Merseyside. Beginner, urban and advanced levels are available to suit all abilities.

Come and give cycling a go on a friendly informal course. Fully qualified instructors will support your needs, ensuring you have fun and learn loads about cycling across the city region.

We are offering one-to-one and small group sessions, all in line with social distancing and hygiene regulations. Lessons will be held locally, probably at Dunes Leisure Centre car park.

You may even be able to get your bike **security marked**, free of charge.

If you're interested more details can be found at:

www.bikeright.co.uk/liverpool

Mini Quiz

Answers on next page

1. What are the names of the three witches from Hocus Pocus?
2. What year did Beetlejuice come out?
3. Name the four core members (mum, dad and the two children) of the Addam's Family?
4. Which actor played Donnie Darko?
5. What room number was Danny told not to enter in The Shining?
6. How many 'Saw' movies are there in the franchise?
7. In The Omen (1976), what was the priest impaled by in the graveyard?
8. What is the name of Jack Skellington's dog in The Nightmare Before Christmas?
9. In The Silence of The Lambs (1991), what is the name of the serial killer that Clarice is trying to track?
10. Who played Carrie in the 1976 movie?



Inside The Bat Cave!



Seems like a topical theme! Click [HERE](#) to watch a documentary about the hidden world of bats, specifically the Greater Horseshoe Bat.

Autumnwatch

You may not be fond of bats, but BBC Autumnwatch has plenty of other animals for you to watch on their live webcams. Click [HERE](#) to visit the site.

London WC1

Dennis Taylor liked to tell the odd story while he was playing. Click [HERE](#) to watch him in action.

Short And Sweet

Click [HERE](#) for a video which is amusing in an 'awww' sort of way.

U3A Photo Group 1 Does Autumn

The weather may be foul at the moment, but our photo group has been busy this month, capturing Autumn images. You can see the album by clicking [HERE](#).



Mini Quiz Answers

1. Winifred, Sarah and Mary
2. 1988
3. Gomez, Morticia, Wednesday and Pugsley
4. Jake Gyllenhaal
5. 237
6. Nine
7. A lightning rod
8. Zero
9. Buffalo Bill
10. Sissy Spacek



Premier League Fixtures

Friday 30th October 2020

Wolves v Crystal Palace
Premier League
20:00
BT Sport Box Office

Saturday 31st October 2020

Sheffield United v Man City
Premier League
12:30
BT Sport 1 / BT Sport Ultimate

Burnley v Chelsea
Premier League
15:00
BT Sport Box Office



Liverpool v West Ham
Premier League
17:30
Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD

Sunday 1st November 2020

Aston Villa v Southampton
Premier League
12:00

Sky Sports Box Office

Newcastle United v Everton
Premier League
14:00

Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD

Man Utd v Arsenal
Premier League
16:30

Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD

Tottenham Hotspur v Brighton & Hove Albion
Premier League
19:15

Sky Sports Box Office

Monday 2nd November 2020

Fulham v West Brom
Premier League
17:30

Sky Sports Box Office

Leeds United v Leicester City
Premier League
20:00

Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD



Halloween

DID YOU KNOW??

1. Halloween dates back 2000 years to the Celts who celebrated "Samhain" before their New Year on 1st November
2. 'Guising' started in the 16th century with people going door to door reciting songs or verses in exchange for food. People dressed up and impersonated the souls of the dead.
3. The Christian "All Souls Day" on November 1st celebrated the souls of the dead. It was called "All Hallows", so October 31st became "All Hallows Eve" - eventually Halloween



4. In the 19th century the custom spread to the US with Irish and Scottish immigrants after the potato famine.

5. Dipping for apples came from a tradition of naming apples after young men, then floating them in water, and if a girl managed to bite the apple she would have a future husband.

6. "Jack-o-lanterns" to keep evil spirits at bay were originally carved from turnips and potatoes, but the Americans adopted pumpkins as they were easier to carve

7. The traditional colours of Black and Orange represent death and harvest

8. Sweets, or treats have only been given to children since the 1950s
9. In the US today Americans spend \$9.1 billion on Halloween every year. It is the second biggest spending event after Christmas
10. Many towns and cities in the US have competitions to decide the best dressed house



NAME THESE GREAT HALLOWEEN FILMS



A



B



C



D



E



F



G



H

