

Subject **Welcome to the August 2020 Newsletter from the vU3A**
From Virtual U3A <admin@vu3a.org>
To Derek <webmaster@buckinghamu3a.org.uk>
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Welcome to the July/August 2020 Newsletter

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Hello Derek

Welcome to this August edition of our newsletter, we hope that life is now getting back to normal!, what ever that is! and you are able to get away, even if it's just the joy of seeing loved ones again especially if they are far away from you.

A new online study on everyday memory in general population
Invitation to take part in a survey about everyday memory errors across the life span

- Do you know how good is your memory in everyday life?
- Can you tell us how often you forget to do things (e.g., make a phone call) or facts and episodes from your past?
- Do you know how good are people in other age groups, than yours, at these tasks?

Research team at the University of Hertfordshire (UK) invites you to take part in a new online survey that focuses on people's everyday memory errors and their knowledge and beliefs about the frequency of these errors in different age groups. The study can be completed from a laptop or mobile phone and takes about 30-40 minutes to complete. No identifiable information will be collected.

The link to the survey can be accessed by clicking on the link below:
https://herts.eu.qualtrics.com/jfe/form/SV_3eZn0v07OxIj2fP.

This study has received ethical approval from the UH ethics committee.
Protocol
Number: LMS/PGT/UH//04180

If you have any questions regarding this study, please contact the principal investigator

below:
PhD Student Brigita Brazauskiene at b.brazauskiene@herts.ac.uk

A Note about our [Public Wiki](#) - It's a great way of discovering how we use the Wiki and what you find on there is the same as our Members Wiki, but, there is a lot more of it!

The link above will take you to the Front page and if you look down the right hand side there is the sidebar which contains the Groups list, well a small sample of it, all the links are hyperlinks so click on [History](#), for example, and it will take you to the index page for that group, and so on.

Why not give it a go!

What is internet of things (IoT)?

The internet of things, or IoT, is a system of interrelated computing devices, mechanical and digital machines, objects, animals or people that are provided with unique identifiers ([UIDs](#)) and the ability to transfer data over a network without requiring human-to-human or human-to-computer interaction.

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Two articles in celebration of the Battle of Britain 80 years ago.

How scores of young women worked secretly in garages and cowsheds to build the iconic plane out of the sight of Hitler's bombers

The picturesque city of Salisbury basked in the balmy autumn sunshine.

In the shadow of the medieval cathedral, the Wilts and Dorset Bus Company's double-deckers trundled in and out of the Castle Street depot, while nearby the long-established Anna Valley Motor Garage was a hive of activity..... [Continue reading](#)

Hazel Hill

The girl of 13 who helped win the Battle of Britain: How a maths prodigy cracked the secret to turning our planes into ultimate killing machines, as new book reveals stunning images from the conflict.

[Continue reading.....](#)

Rosalind Elsie Franklin (25 July 1920 – 16 April 1958) was an English chemist and X-ray crystallographer whose work was central to the understanding of the molecular structures of DNA (deoxyribonucleic acid), RNA (ribonucleic acid), viruses, coal, and graphite.

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A couple of stories taken from our Creative Writing Group

A Grand Day Out

My first idea when I set out to write on this subject was to describe one of the few times we went out with my grandfather in his pre war Austin Big 7

Finders Keepers Losers Weepers

He was alone.

An insignificant small boy wandering through a piece of wasteland towards the edge of this Lancashire mill town.

car from our house in Bolton to the seaside at Southport.

Continue reading....

He was alert. **Continue reading.....**

BROCH – a PREHISTORIC CIRCULAR TOWER FOUND IN north Scotand and adjacent islands. At least 700 once existed.

Last week on our first trip out since lockdown we visited Dun Telve broch, near the village of Glenelg. It is one of the best preserved iron-age brochs in Scotland.

Continue reading....

One of our members found this on the internet many years ago....

This is for all you LEXOPHILES (LOVERS OF WORDS):

1. *A bicycle can't stand alone; it is two tired.*
2. *A will is a dead give-away.*
3. *Time flies like an arrow; fruit flies like a banana.*
4. *A backward poet writes inverse.*
5. *In a democracy it's your vote that counts; in feudalism, it's your Count that votes.*
6. *A chicken crossing the road: poultry in motion.*
7. *If you don't pay your exorcist you can get repossessed.*
8. *With her marriage she got a new name and a dress.*
9. *Show me a piano falling down a mine shaft and I'll show you A-flat miner.*
10. *When a clock is hungry it goes back four seconds.*



continue reading.....

A few poems taken from our Members

Poems for July



Ode To An Empty Jam Jar

O' artefact sublimely simple, so vitreous
so glassy,

Not ancient porcelain nor gold,
assuredly not Grecian,

read on



Stay Safe

During the current lockdown a number of new scams are emerging. Here are two that I've heard about. HMRC: (Tax refund) and Police: (Fine for breach of Social distancing). I am assured that HMRC don't send emails offering refunds and that the Police do not issue fines via email. It is important that you report scams. Please **email us** so that we can make others aware. Alternatively, **Report Phishing** is a useful email address to know.

A useful video from **NatWest**

Shared by the U3A Communities Online.

Are you a collector?

Do you have a collection you are proud of?

Some folk have the collecting habit – teddy bears, silver spoons, saucy postcards, sea shells and a hundred other things. If you are one of these and would like to

share your collection with others, we'd like to hear from you.

A set of pages has been set up; not a Group since the interests can be so diverse, but the chance to let others see and admire what you have gathered together. You can tell us about how you collect, explain the special features, tell us which are rare maybe give us an insight into why you got involved in your hobby.

But you will need to join the vU3A first!

Useful Websites

The Retirement Advice Centre - 'Taking care of tomorrow today.'

Webopedia - Extremely useful site if you are struggling with computer jargon

Age UK - The UK largest charity working with older people

Citizen Advice - For a wealth of very useful information

The Old Farmers Almanac - If you love Gardening you will love this site.

Arthritis Research UK - Useful website helpful and informative

Osteoarthritis - Good informative website

Glaucoma - The international Glaucoma Association

Stroke - NHS Choices

Action on Hearing Loss The statistics

Tinnitus - NHS Choices

Bowel Cancer UK or **NHS UK** - Bowel Cancer

NHS UK Dementia Guide

Prostate Cancer

Resources for Older People - Provide useful leaflets and advice.

VirusTotal - Free online service that *analyzes suspicious files and URLs* and facilitates the quick detection of viruses, worms, trojans, and all kinds of malware.

TrueKey or **LastPass** Sign in without passwords.

Everplan - How to handle the digital life that you'll leave behind, very informative.

Citizens Advice has advice on this subject.

World U3A - connecting with members of U3As throughout the world

U3A Online delivering online learning via the Internet, from Australia

Elder Gym for those moments when you feel a bit of exercise is just what's needed!!

And don't forget,  If you find something of interest in this e-newsletter or previous ones, then you will most certainly find something to interest you on our Private Wiki.

If on the other hand you have something to offer then why not **join us**  and share it, and if you want to, get it published.

See you on the wiki soon.

Take care and keep safe

Ann
vU3A Team



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