

Welcome to the April 2021 Newsletter

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Hello Derek

Welcome to our April Newsletter, we hope it finds you all in good health and looking forward to some semblance of normality again. Whatever that is! but Spring is such a lovely time of the year with the flora bursting bud and the singing of the birds busy making their nests, it's hard not to be cheerful, well put a smile 😊 on your face at least.

A quick guide to taking good pictures in your garden

I am in no way a 'David Bailey' photographer, but I can never resist having my camera to hand especially at this time of the year.

Quick guide to good pictures

Incubating eggs with pictures

Wildlife in the Garden

u3a Day 2021

u3a Wednesday 2 June 2021 - we plan on an open day and hope you will join us. More information nearer the time.

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 [Creative Writing](#) , for example, and it will take you to the index page for that group, and so on.

Why not give it a go!

Early Spring - Poem by Alfred Lord Tennyson

Once more the Heavenly Power

*With loving blue;
The blackbirds have their wills,
The throstles too.....*

Click to continue to read or to listen

Shakespeare Day in the United Kingdom April 23rd

The Bluebell Poem

Rising Damp

David Warren - This little-known inventor has probably saved your life.....

Read his story

Seven female scientists you may not have heard of - but should know about!

And one I'm sure you have heard of Rosalind Franklin. Royal Mint issued a 50p coin in 2020 to celebrate her work

Here is a great story from one of our members in the Creative Writing group.

BARNABY'S CUPBOARD

I'm in the cupboard under the stairs again. I thought that I might as well sit in here because I had decided to, rather than because someone else had told me to get in here. It makes me feel better then. It's completely dark in here and it smells of farts and tea-towels that haven't been washed for a long time and it's full of old newspapers and shoes and bits of wood that Mum uses to start the fire.....[continue reading](#)

History - The Perth WA Bell Tower on the Swan River --- contributed by Eric - Busselton West Australia.

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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