

Subject: Welcome to the July 2021 Newsletter from the vU3A

From: Virtual U3A <admin@vu3a.org>

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To: Derek <webmaster@buckinghamu3a.org.uk>

Welcome to the July 2021 Newsletter

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Hello Derek

Welcome to our July Newsletter, we hope it finds you all in good health and looking forward to a good summer and a return to some semblance of normality again.

The vU3A is embarking on a remarkable new pilot project which acknowledges our background experience in wikis, but reacts to what is happening these days with zoom meetings being held by many local U3A groups.

Local groups often welcome people from other U3As, but how to advertise? And if there is nothing locally for you, where do you look for a U3A online group? And, if you have a recording of your zoom, where is the library of recordings where you can post it?

This is where vU3A comes in, offering a service to U3As across the country. We now have a more modern wiki called Tiki which we can use alongside our heritage wiki. It will not replace our pbworks wiki, the new one will be used specifically to support the use of zoom.

We hope to launch it in the autumn after a pilot phase.

1. Tiki has a calendar where any U3A zoom meeting open to other guests can be posted. Anyone can view the dates and respond. Zoom leaders would be expected to register as users to the wiki in order to post. This could become the default where people look for zoom meetings they can attend
2. Tiki has a wiki library where recordings of meetings can be stored and viewed post event
3. Each recording has a connected forum for ongoing conversations about zoom meetings can continue. Anyone can read, but need to register in order to post

4. Because vu3a hosts Tiki software on its own virtual private server, we have no one to pay for Tiki so we can offer it as free service
5. Tiki has a fresh modern look and was designed to be easier to use than previous wikis.

So the vU3A can make an offer of free support to any local U3A, that we can advertise their zoom meetings, provide a library of recordings, and a discussion space for conversations between meetings.

The vU3A committee would really welcome new people who are enthusiastic to support this new venture to join them on the committee to make the future of vU3A a success. The AGM and nominations are about to open.

The largest wave in History - During the night of July 9, 1958, the largest recorded wave in history occurred in Lituya Bay, Alaska. It reached an astonishing height of 1,720 feet. As a frame of reference, the Empire State Building is 1,250 feet tall.....[Continue reading and watch the video](#)

The life and death of a village in France – Oradour-sur-Glane - innocent French villagers rounded up, shot or burned alive to crush resistance.

For centuries, what made the medieval village of Oradour-sur-Glane special was its succulent freshwater crayfish. A delicacy for lovers of good cuisine, they could be found in the clear, sparkling waters of the River Glane as it ran through the wide pastures of the Haute Vienne department in the Nouvelle-Aquitaine region in west-central France.....[continue reading its story](#)

It's the iconic Aussie journey – a trip from Adelaide to Alice Springs and then on to Darwin, on The Ghan.

The train takes passengers through the heart of Australia on the world's longest north-south train journey, covering 2,979 kilometres, revealing the history, culture, myriad colours and rugged beauty of the Outback along the way.

Watch a video and get the feel!:

[The Ghan - Adelaide to Darwin](#) [or click here to read about it](#)

We are Survivors. (for those born before 1940)

We were born before television, before penicillin, polio shots, frozen foods, Xerox, contact lenses, videos and the pill. We were before radar, credit cards, split atoms, laser beams and ballpoint pens, before dish-washers, tumble dryers, electric

blankets, air conditioners, drip-dry clothes ... And before man walked on the moon.....[continue reading](#)

Tips for Living Well - Alone

Living alone doesn't necessarily mean you are lonely. Over a third of adults in the UK now live on their own. Some people prefer to live alone, enjoying the freedom and space it gives; others find themselves living alone following bereavement or it may be a result of social or economic circumstances.....[continue reading](#)

Selection of Poems for July

Dehydration

As we get older, our body's water content decreases, which is, why dehydration is one of the most common reasons people aged over 60 wind up in the hospital.



Moreover, scientists have theorised that our bodies don't detect thirst as efficiently as we get older.....[continue reading](#)

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](#), [History](#), or [Poetry Corner](#), for example, and it will take you to the index page for that group, and so on.

Why not give it a go!

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!!

Excel easy - Tutorials on how to use Excel, related examples and features (300 Examples) and it's 100% free.

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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