

Welcome to the March Edition of our Newsflash

Membership Renewals

Membership renewals will take place from the **1st April** this year. Our Membership Secretaries, Julie Carter and Sandra Smith, will be sending out an email to you all giving details of when the renewal meetings will be. There is also important information about Gift Aid, which I will be sharing with you in our April Newsflash.

Our Monthly Speakers Meeting is on 4th March at the Leigh Community Centre

Doors open at 2.00pm for a 2.30pm start

70s Music Scene a talk by Daryl Easlea

Born between *Rubber Soul* and *Revolver*, Daryl Easlea was in music retail between 1979 and 1997, and left to belatedly take his degree in American History and International History at Keele, where he also ran the student radio station.

He began writing professionally in 1999. After graduating in 2000, he became the deputy editor at *Record Collector*. His work has also appeared in *Mojo*, *Mojo Collections*, various *Q* and *Mojo* specials, *Prog Magazine*, *The Guardian*, *Uncut*, *Dazed & Confused*, *The Independent*, *The Encyclopaedia of Popular Music*, *1001 Albums You Must Hear Before You Die* and *bbc.co.uk*.

It does what it says on the tin! Daryl who has entertained us on several occasions now.



Group News

The following Groups all have vacancies:

- Art for Pleasure
- Canasta on Wednesday
- Craft Group
- French Intermediate and Fluent
- Just Sew
- Pétanque on Wednesday
- Physics for All
- Tap Dancing
- Table tennis on Wednesdays and Fridays



The Monday Table Tennis group is also looking for more members. We play every two weeks on a Monday morning from 10:00 to 11:30am at the Megacentre Rayleigh Weir. We play doubles, at a fun and enjoyable level. If you want a bit of gentle exercise then please come and join us. For more details contact Val or Linda using the contact form on our website.

Details for the above groups and their co-ordinators can be found on the Leigh Estuary u3a website under the Groups section or by contacting the Groups Co-Ordinator, Jim Jennett at jimjennett@btinternet.com.

Group Co-Ordinators If you have any Group spaces or Group news that you would like to share with the LEu3a members, please contact Trish at: leu3anewsflash@gmail.com

Spring

Spring - It's our season of hope, holding a promise that change is coming, for the better. Spring signifies coming out of the darkness. We've tipped the balance from longer nights to longer days. Equinox means "equal night" of light and dark (roughly), and through the rest of the season we can benefit from more time spent in the light.

Spring is a time of year when the weather starts to change. It is a transition season between winter and summer. The days get longer and nights get shorter, the temperature is milder and flowers bloom. There is a warm wind in the air in Spring, which nudges us to the great outdoors.



Spring is the season of renewal, growth, and new beginnings.

It's a time when the world awakens from its winter slumber, and nature comes alive with colour, sound, and energy. From the first bloom of a flower to the return of migratory birds, spring is a season of beauty and wonder.

There's even some science to the joy of spring. Research suggests that for many people, the extended daylight boosts mood, well-being and energy. A neurotransmitter (Dopamine) associated with attention, motivation, pleasure and mood, seems to increase with more exposure to sunlight.

Forget January resolutions. In some cultures and traditions, the start of spring is the start of the new year. It's a great time to draw a line in the sand and renew those long-term goals you may have already let slip. It's time to declare a fresh start! Because Spring is as old as the planet, ancient religious traditions have evolved around its meaning.

Spring is rebirth after the long death of winter, and traditional cultures didn't take the return of food and better weather for granted. They prayed for it. The luck-infused Chinese New Year is celebrated after the second full moon after the winter solstice and ends in a parade of dragons and fireworks that scares away the bad spirits. In Thailand, Songkran, the water-throwing New Year festival held every April, is when Thais also clean their houses for good luck. We in the UK also have a Spring clean, when we clean our houses and throw open the windows to let the warmer air in. The 13-day Persian festival of Nowruz ("new day" or "New Year") is also celebrated by cleaning one's house, filling it with flowers and giving gifts, and on the last day by staying outdoors. In Russia, the spring holiday of Maslenitsa (aka Pancake Week!) is a sun festival with singing, dancing, warm beverages, jingle bells, bonfires and lots of pancakes. Passover is a Spring holiday that celebrates the brightness that follows the dark days of slavery. And the Indian holiday of Holi brings winter to a Technicolor close.

Christians celebrate a literal return from death (according to their faith) by Jesus at Easter. That holiday's roots date to the ancient goddess Eostre (from the region that is now Germany), who was accompanied by a magical egg-laying hare. Rabbits and colourful eggs are metaphors for procreation, new beginnings and a promise for what's to come.

While we enjoy more daylight, blooming flowers and the breeze on our skin after being covered for so long, we should let ourselves break out of the cocoon. Open those windows, get outside, plant something, fly a kite, ride a bike, have a picnic. We've endured the darkness and now need to play in the light.

If you would like to write a few words on a topic close to your heart, have an anecdote from a group meeting or something you think readers would be interested in, please do get in touch. Would you consider becoming a regular contributor to a section? Email: leu3anewsflash@gmail.com

Scam Watch

Drivers should be aware of a scam email impersonating the DVLA. It claims 'your latest vehicle tax payment failed' and says billing details have expired or changed. The email tells you to update your details or risk a fine as much as £1,000 or your details being passed to a debt collecting agency. Do not click on the link to as this leads to a malicious phishing website that will steal your personal and financial information..

Shoppers should be aware of a scam email impersonating Marks & Spencer. Fraudsters write that you've been chose for an 'exclusive chance' to receive an M&S Afternoon tea Letterbox Hamper. Recipients are pushed to complete a survey to 'be in with a change of claiming your reward. Do not click on the link to as this leads to a malicious website that will steal your details

Do not click on links or give out information over the phone. Instead forward any emails to report@phishing.gov.uk.

Quiz

Thanks once again to our Quiz setter, Shirley Eastwood, who sends in a quiz for us every month. Shirley does an excellent job and I would like to thank her on your behalf.

1. Which creatures young are called pufflings?
2. Which film was voted the best at last week's BAFTAs?
3. What is the present Pope's name?
4. What is this year's Chinese zodiac symbol?
5. What is the name of Jeremy Clarkson's farm?
6. Which is the county town of Somerset?
7. Who is the hostess of "Only Connect"?
8. 'Co' is the symbol for which chemical element?
9. In which county is The Giant's Causeway?
10. Which cocktail is made from light rum, pineapple juice and coconut cream?
11. Which double act had 'Bring me Sunshine' as their theme tune?
12. Which farm animal is a Gloucester old spot?
13. What is hypotension?
14. Which anniversary has Eastenders just celebrated?
15. Which Welsh musician composed The Armed Man?
16. Who was the last Eurovision winner for the UK?
17. Who are Peter Rabbit's siblings?
18. In which country was Melania Trump born?
19. Who was Tenzing Norgay?
20. In The Lord of the Rings who is Frodo's uncle?

This Month's Pause for Thought

“Spring is when life’s alive in everything.” – Christina Rossetti

“A life without love is like a year without Spring.” Octavian Paler.

“That is one good thing about this world...there are always sure to be more Springs.”
– LM Montgomery

“Spring's greatest joy beyond a doubt is when it brings the children out.” – Edgar Guest

“An optimist is the human personification of Spring.” – Susan J. Bissonette

“Spring is the time of plans and projects.” – Leo Tolstoy

“The flowers of late Winter and early Spring occupy places in our hearts well out of proportion to their size.” – Gertrude S. Wister

“Every Spring is the only spring, a perpetual astonishment.” – Ellis Peters

“Can words describe the fragrance of the very breath of Spring?” – Neltje Blanchan

“No Winter lasts forever; no Spring skips its turn.” – Hal Borland

“The promise of Spring's arrival is enough to get anyone through the bitter Winter!”
– Jen Selinsky

“Despite the forecast, live like it’s Spring!” – Lilly Pulitzer

“Come the Spring with all its splendour, all its birds, and all its blossoms!”
– Christina Rossetti

“If we had no Winter, the Spring would not be so pleasant.” – Anne Bradstreet

“In the Springtime, the heart regrows hope.” – Angie Weiland-Crosby

“When one flower blooms, Spring awakens everywhere.” – John O’Donohue

“Be like a flower in Spring – blossom and be beautiful, but watch out for those bees trying to get too close!”

“Spring fever: the only fever you're actually looking forward to catching.”

“Spring: When your nose does more running than you do.”



Quiz Answers

1. Puffin
2. Conclave
3. Pope Francis
4. Snake
5. Diddly Squat
6. Taunton
7. Victoria Coren Mitchell
8. Cobalt
9. County Antrim
10. Pina colada
11. Morecambe and Wise
12. Pig
13. Low blood pressure
14. 40years
15. Karl Jenkins
16. Katrina & the Waves (Love shine a Light 1997)
17. Flopsy, Mopsy and Cottontail
18. Slovenia
19. Sherpa Tenzing, Edmund Hilary's partner when successfully climbing Mount Everest in 1953
20. Bilbo Baggins

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