



# Senior

# Moments

*The Newsletter of the Bookham & District*

*University of the Third Age*

*Issue 71*

*August*

*2021*

If you want to get involved in Zoom there are full step by step instructions from Chris Middleton on the website, here are the first two pages

1

## zoom Installation Instructions

Before starting it is advisable to check that you have an Operating System version equal or later than shown opposite; go to 'Settings' from the bottom LHS Start Button, then 'System', then 'About'. No damage will be done by just looking into Settings.

Windows 10 users should have the latest version because of Microsoft's automatic monthly updating. Other Operating Systems may not be automatically updated.

### System requirements

- An internet connection - broadband wired or wireless (3G or 4G/LTE)
- Speakers and a microphone - built-in or USB plug-in or wireless Bluetooth
- A webcam or HD webcam - built-in or USB plug-in
- Or, a HD cam or HD camcorder with video capture card

### Supported operating systems

- macOS X with macOS 10.7 or later
- Windows 10  
**Note:** For devices running Windows 10, they must run Windows 10 Home, Pro, or Enterprise. S Mode is not supported.
- Windows 8 or 8.1
- Windows 7
- Windows Vista with SP1 or later
- Windows XP with SP3 or later
- Ubuntu 12.04 or higher
- Mint 17.1 or higher
- Red Hat Enterprise Linux 6.4 or higher
- Oracle Linux 6.4 or higher
- CentOS 6.4 or higher
- Fedora 21 or higher

2

Use Google to find <https://zoom.us> and click on the Plans & Pricing tab.

This will take you to instruction 3.



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Chris Middleton





# Bookham and District U3A

Registered Charity No 103686 u3a Membership No 4/239/93

Registered Address: 20 Church Close Fetcham KT22 9BQ

[www.bookhamu3a.org.uk](http://www.bookhamu3a.org.uk)

## The Committee



Chairman  
Chris  
Middleton

**Vacant**

Vice-Chairman



Secretary  
Gillian Arnold  
452046



Treasurer  
Chris Pullan  
454582



Membership  
Secretary  
Pam Hyde  
454734



Minutes  
Secretary  
Peter Clarke  
450908



Groups Co-ordinator  
Mike Farrell  
451797



Assistant Groups  
Coordinator  
David Hyde  
454734



Website co-ord  
Harold Reglar  
452445



Speaker Secretary  
Frank Cross  
450526



SM Newsletter  
Maurice Baker  
372147



Social Events  
Lynn Farrell  
451797

For your summer reading in August from your u3a there are a number of interesting articles as well as one puzzle and one topical poem.

The Chairman has not only written the regular Chairman's report, but also in preparation for after lockdown when we shall try to get back to normal he has set out two pages of tables with all the titles of the groups that were active before lockdown.

There is the usual gardening report and another on a wine group. You will find instructions for printing your own copy of Senior Moments and experiences of electric car ownership.

While it is the policy of Bookham u3a not to report on members who have died there have always been exceptions for those members who gave distinguished service over many years. John Dicker was one such person who is sadly missed.

As editor of this magazine, I am always pleased to receive articles and photographs for publication. David Middleton can always be relied upon to come up with good and interesting photos and many of them can be found in these pages.

When I started putting this Senior Moments together I was very short of content to fill it but now so many of you have contributed the pages have been filled so many thanks to all the contributors

*Maurice Baker*

*Cover photo—Liz Looney's greenhouse*

## Chairman's commentary

Welcome to the late summer edition of Senior Moments. I do hope that you have been able to get outside and enjoy the intervals of warm, if not hot, weather we have had since May.

Whilst the Government removed most legal COVID-19 restrictions on July 19th, they retained powers to reintroduce protective measures if necessary. Provided the Old Barn Hall can safely accommodate a reasonable number of members, then we will return with the next monthly general meeting on the 7th September. We want to be back to as near to normal as possible, but recognising that the pandemic is far from over, we will encourage your compliance with all Government recommended practices.

Our monthly meeting plan for the rest of 2021 is:

7th September	"Tooth Claw and Mane"	Tom Way, wildlife photographer
5th October	The amazing history of lighthouses	Mark Lewis, member of the Association of Lighthouse Keepers
2nd November	Bumblebees	Dr Nikki Gammans, Fellow of the Royal Entomological Society
7th December	A miscellany of Prose and Poetry for the Festive season	Jonathan Jones, public speaker/performer

However before then, there is Bookham Village Day on the late August Bank Holiday (30th August). Proceedings will be different this year, so your u3a has decided to break out of their usual 'hiding place' in the Harrison Room and move onto the field where we plan to emphasise our presence. Do drop by, say hello to some of your committee and perhaps even introduce a friend as a potential new u3a member.

These activities indicate we are trying to get back to some form of normality, accepting that we just have to live with the virus by benefitting from the protection that a double vaccine dose provides.

One of the mainstays of our u3a is its interest groups. As I wrote last time, we want to get them started again, recognising that they might be different from 18 months ago. Some group administrators may want to move on. Some members' interests may have changed and they are seeking a new challenge. So I thought I would end with some ideas for new groups. The following is based on Epsom & Ewell u3a's research and presents a list of group subjects that were active in a u3a somewhere in the UK. Those that are in bold are subjects that roughly match the groups that Bookham u3a had in early 2020. As you can see there are nearly 400 subject ideas which we don't currently consider and there is always the possibility that you can think of a few more.

If any of the ideas get you thinking that you would like to start or join a new group, then please do talk to our Groups Coordinator who will help set it up.

Until next time, take care.

Chris



Recently active u3a Interest Groups

1	acappella singing	26	astrology	51	bingo	76	Buddhism & early Christianity	101	comedy & humour
2	accordion	27	astronomy	52	biography	77	butterflies	102	commonwealth war graves
3	acoustic guitar	28	astrophysics	53	biography - legendary lives	78	cake decorating	103	comparative religions
4	African drumming	29	autolamp	54	birdwatching	79	calligraphy	104	competing workshop
5	all about herbs	30	automobile	55	Bismarck - card game	80	canal art and culture	105	conservation
6	amateur dramatics	31	aviation	56	board games	81	Cancosa	106	conspiracy theories
7	amateur radio	32	backgammon	57	babbin lace	82	canoeing	107	coology for men
8	American history	33	badminton	58	boccia - like bowls	83	caravans & camping	108	cosmology
9	ancient civilisation	34	baking	59	Bolivia - card game	84	card making	109	costume jewellery
10	ancient Greece	35	ballet appreciation	60	bonsai	85	cartography	110	creative fashion
11	anarak communications - making films	36	ballet for seniors	61	book reading	86	Catalan learning	111	creative writing
12	anthology	37	bamboo pipes	62	botanical illustration	87	ceramics	112	crewel embroidery
13	anthropology - social	38	banjo/lele	63	botany	88	chair yoga	113	critique
14	antiques	39	bar billiards	64	boules	89	chemistry	114	cricket lovers
15	aqua aerobics	40	bead needle weaving	65	brails carpet	90	chess	115	crime & forensics
16	Arabic	41	beadwork for beginners	66	brails indoor	91	chinese culture and language	116	crime and punishment
17	archaeology	42	beattles harmony	67	brays toys	92	church crawlers	117	crime fiction
18	archery	43	bee keeping	68	brainteasers	93	cinema	118	criminal justice
19	architecture	44	beer tasting	69	breakfast group	94	city studies	119	criminal psychology
20	armchair adventurers	45	bestie drive	70	brewing - craft beers	95	classic cars	120	criminology
21	armchair critics	46	bulletplates - the handbells	71	brick business	96	clay pigeon shooting	121	crochet & knitting
22	Art - Looking at Art	47	bells	72	bridge	97	climate change	122	croquet
23	art - workshop	48	beziq - card game	73	Bridge (Teaching)	98	clock restoration	123	crosswords
24	art & architecture	49	bible study	74	British sign language	99	coffee club	124	cryptic clues
25	artistic lettering	50	biblical Hebrew	75	Bucketeers	100	coin collecting	125	cultures and custom

126	curling	151	Dickens & Victorian novels	176	family history	201	German	226	image editing and manipulation
127	current affairs	152	digital painting - on a laptop	177	fantasy shares	202	Gilbert and Sullivan	227	Improv Comedy
128	curry nights	153	directions in retirement	178	fiddle playing	203	gin appreciation	228	industrial heritage
129	cycle maintenance	154	discovery award - Duke of Edinburgh	179	finance & investing	204	global issues	229	international law
130	cycling	155	diy	180	first aid	205	golf	230	investors forum
131	cycling & e-biking	156	dog walking	181	fishing coarse	206	Greek	231	IT & digital forum
132	dancing ballroom	157	dolls house miniatures	182	fishing fly	207	grumpies	232	Italian
133	dancing barn	158	dominoes	183	fishing freshwater	208	guitar	233	Italian language learning
134	dancing belly	159	dowsing	184	flower arranging	209	guitar, acoustic	234	Italian nights
135	dancing bollywood hawian hula	160	drama appreciation	185	folk band	210	halma - board game	235	Japanese culture
136	dancing ceillidh	161	dressmaking and tailoring	186	foraging and fungi	211	handbell ringing	236	Jazz Group
137	dancing English country	162	dry stone walling	187	forensic linguistics	212	harmonica	237	jewellery making
138	dancing flamenco	163	Dutch	188	French	213	health matters	238	jigsaw swap
139	dancing folk	164	economics	189	French Beginners	214	heraldry	239	jogging
140	dancing line	165	Egyptology	190	Gaelic	215	herbal	240	juggling
141	dancing longsword and rapper	166	embroidery	191	gallery visits	216	heritage detectives	241	juke box
142	dancing morris	167	engineering and technology	192	garden history	217	historical consequences	242	kalooki - a version of rummy
143	dancing tap	168	enriching retirement	193	garden projects	218	history - social & local	243	karaoke
144	dancing tea	169	escape room challenge	194	garden visiting	219	history - various time periods	244	kayaking
145	darts	170	essential oils	195	gelotology - science of humour	220	history of medicine	245	keyboard playing
146	de-coupage	171	etymology	196	geocaching	221	history of our times	246	kite flying
147	desert island discs	172	euchre - card game	197	geography	222	horse racing	247	lace making
148	design & make - men	173	excel for beginners	198	geology	223	hula hoop	248	Latin
149	design & make -ladies	174	exploring architecture	199	geometry sacred	224	human body	249	laughter yoga
150	diabetic support	175	exploring London	200	geoscience	225	humour	250	law and how it works

Recently active u3a Interest Groups

251 lawn bowls	276 memories and recollections	301 nordic walking	326 plastic scale modelling	351 reflexology
252 leather craft	277 metal detecting	302 nostalgia	327 play reading	352 remember when - ice breakers
253 limerick	278 metalwork	303 open rail	328 poetry appreciation	353 rescue dogs walk and talk
254 linguistics	279 metaphysics	304 opera	329 poetry reading	354 retail therapy
255 lip reading	280 military history	305 orienteering	330 pulser	355 river systems
256 litter picking	281 model making	306 origami	331 Polish	356 robot construction
257 looking at old buildings	282 model railways	307 painting on wood	332 politics	357 robotics
258 looking at weather	283 modern jive	308 painting workshop	333 pool	358 rocks and ruins
259 lunch clubs	284 money matters	309 palaeontology	334 Portuguese	359 Romanian
260 magic for beginners	285 monopoly	310 paper craft	335 pottery	360 rowing
261 Male-Jong	286 moral/ethical issues	311 paranormal phenomena	336 practical aromatherapy	361 rugby appreciation
262 malt whisky tasting	287 mosaics	312 parish churches	337 printmaking - lino etc	362 rambling
263 Marx for beginners	288 motor sport enthusiasts	313 patchwork	338 psychology	363 Russian studies
264 map reading & navigation	289 motorbike outings	314 pencil sketching	339 python programming	364 sailing
265 maritime studies	290 motorcycling	315 phase 10 - card game	340 qigong	365 salsa
266 massive open online course (moooc)	291 motorists forum	316 philately	341 quilters	366 saxophone
267 maths	292 movie makers	317 philosophy	342 quilting	367 Scandinavia interests
268 maths 4 fun	293 murder mystery books	318 photography	343 racing demon	368 Science
269 maths elementary	294 music appreciation	319 photoshopping	344 racketsball	369 scrabble
270 maths everywhere	295 myths & legends	320 piano	345 radiohacks	370 scrapbooking
271 maths in your life	296 National Trust visits	321 pickleball	346 rail interests	371 scratchboard art
272 maths power and magic	297 naval history	322 pilates	347 rambling with a sketch book	372 scuba diving
273 nesbau - exercise	298 navy and waterside walks (old railways and canals)	323 pinch & putt	348 raspberry pi (computer for robotics and kids)	373 sea glass crafts
274 medieval manuscripts	299 needle tatting	324 planes, trains and automobiles	349 reading	374 seriously fun/laughter
275 melody matters	300 needlecraft	325 plant power	350 reading learners odyssey	375 shabashi seated - exercise

Recently active u3a Interest Groups

376 Shakespeare on screen	401 table tennis	426 virtual investment club	451 writing your life story
377 short story writing	402 tai chi	427 walking - country	452 ww1 memories
378 silver dream bikers	403 talk sport	428 walking - exploring London	453 wwII memories
379 singing	404 talking newspaper	429 walking - various distances	454 Yiddish conversation
380 singing for pleasure	405 tapestry weaving	430 walking cricket	455 zentangle
381 skittles	406 target shooting	431 walking football	456 zumba
382 snooker	407 ted talks	432 walking netball	
383 sociology	408 teddy bear making	433 walking rugby	
384 sounding board	409 ten pin Bowling	434 walking with dogs	
385 space and the universe	410 tennis	435 walking with your bus pass	
386 Spanish	411 textile art	436 Welsh	
387 Spanish Beginners	412 theatre interest	437 whist	
388 spirals exercise	413 theology	438 white water rafting	
389 spirituality	414 travellers' tales	439 windows 10	
390 sporting forum	415 trionimoes (similar to dominoes but three sided)	440 wine tasting	
391 stained glass	416 trivial pursuit	441 wings and wheels	
392 stamp & postal history	417 ukulele beginners	442 wire sculpture	
393 stamps, coins & cards	418 vedic chant	443 women and history	
394 steam railways	419 vegetable gardening	444 woodcarving	
395 steel band	420 vegetarian and vegan	445 woodturning	
396 street bowling	421 video making	446 woodwork	
397 string band	422 Vikings	447 word puzzles	
398 study trips	423 village history	448 words with friends	
399 sugarcraft	424 vintage transport	449 world service archive	
400 swimming	425 vinyl records	450 writing - short story	

## Vegetable Gardening

In June we were finally able to meet up following Covid19 guidelines. Liz kindly hosted at short notice in her lovely garden. She showed us her greenhouse and kitchen garden. The vegetables and fruit are doing very well considering the late spring weather. Her flower borders



look lovely and we were trying to identify one perennial via Brian's phone without success.

She is enjoying working on her shared Fetcham u3a plot where she has planted potatoes, courgettes and squashes.

We were treated to refreshments and some delicious

home cooked flapjacks.

Anita has been thankful for the recent rain on her potatoes and is looking forward to eating Jazzy (second earlies) and Picasso (maincrop). She is enjoying the Cut and Come Again lettuce, autumn planted onions and swiss chard.

Wendy told us that a duck had laid eggs in her rhubarb at Little Bookham Allotments. The eggs and duck have now disappeared but there was no sign of any predation.

Michelle has planted her 3 little raised beds with butternut



squash, tomatoes, leeks, courgettes, mangetout peas and climbing French beans.

After six years Anita has now stepped down as Group Administrator and Lee has taken over the role.

*Anita Laycock*



*David Barnish, Jan Hudson, Wendy Houston, Annie Howard, Lee Saunders, Anita Laycock, Brian Williams*

# The secret Life of words

Earlier this year, I wrote an article on the effect of Covid on English. This time, my article is about unusual words in the form of a quiz. The answers are upside down at the end.

To give an example, I had always assumed that there was only one word with 3 back-to-back double letters but if you put "sub" in front, you get subbookkeeping.

- 1) There are at least 12 words with the 5 vowels in the right order. Can you name one starting "abs." and another starting "f.:"?
- 2) Words with vowels in reverse order are rarer. Can you name one? It does not start "un".
- 3) A word of 6 letters where 2 letters are each used 3 times?
- 4) The only word ending "mt".
- 5) 6 consonants in a row a rare. Can you name one starting with a "ca"?
- 6) The only word with 5 consecutive vowels.
- 7) There is a 15 letter word starting "unc.." which has no repeated letters.
- 8) A word containing "z" where it is silent.
- 9) The only word imported from SerboCroat which is an item of clothing.
- 10) The word with the most definitions

Chris Pullan



The secret Life of Words –Answers

Abstemious and facetious	1)
Subcontinental	2)
Deded	3)
Dreamt	4)
Catchphrase	5)
Queueing	6)
Uncopyrightable	7)
Rendezvous	8)
Cravat – from mercenaries in France who had brightly coloured scarves	9)
Set	10)



## The Prime Minister's Wedding

*Our PM has secretly married once more.  
She's wife number three, but she knows the score.  
The blushing young bride, whose name is Carrie,  
Is much younger than him but happy to marry.*

*The wedding was a quite covert affair  
At Westminster Cathedral with very few there,  
Just family and friends and Wilfred their son  
As owing to Covid, no more could come.*

*The reception was held at their home, number ten,  
But all bells were silent, even Big Ben.  
The guests socialised on the carefully mown lawn:  
"Now, it's how many months since Wilfred was born?"*

*As Boris and Carrie with the guests chatted,  
Dilyn the dog, with his coat rather matted,  
Wandered around begging for food,  
Adding to the jovial partying mood.*

*Then the time came for the party to close  
While Carrie still looked like a radiant rose,  
Flushed by the wine and ready for bed;  
Such a wonderful time on the day they were wed.*

*David King (June 2021)*

## Qigong Classes 'on line'

Since our last Qigong article in April 2020 - where classes were held at Little Bookham Village Hall each Monday afternoon

– all Qigong classes have subsequently continued for the last 16 months 'on line, via zoom due to Covid-19 restrictions. We obviously have missed our normal classes and social interaction, but



*Qigong meetings at Little Bookham Village Hall*

there has been a positive experience and outcome using zoom.

During the lockdown period we have managed to retain 12-16 people for Monday classes as well as organising an additional Qigong class on Wednesday early evenings for 6-9 people. Although there were some initial challenges connecting and accessing the Qigong classes via zoom with our laptops/i-pads etc, the majority of classes have proceeded smoothly, with individual attendees really adapted well and becoming a 'zoom savvy'. The ability to undertake classes 'on line' in the comfort of your own home, without the need to travel, especially in bad weather, has really addressed all the Covid-19 limitations and restrictions, health and safety issues over this lockdown period.

*“the majority of classes have proceeded smoothly, with individual attendees really adapted well and becoming a ‘zoom savvy’”*

Qigong is an easy-to-learn system of gently exercises and movements that help to coordinate and balance the body using techniques such as breathing stretching and mental focus. It is practiced by millions of people throughout the Far East in any spaces, such as in parks, the work places and at home. The origins of Qigong are from China - dating back more than 4000 years - and integrates different aspects of Chinese society and culture including Traditional Chinese Medicine for health and curative functions;

Confucianism to promote longevity and improve moral character; Daoism and Buddhism as part of meditative practice; Chinese Martial Arts to enhance gymnastic, defensive and fighting abilities. Qigong helps to optimise the flow of energy or vitality (known as Qi energy) within our body and through energy channels (known as meridians). According to Traditional Chinese Medicine, a person is healthy and in balance (harmony) when Qi energy flows unimpeded throughout the body and conversely physical illness or emotional disharmony may occur when the flow of Qi is blocked or impeded. Qi is our most vital and subtle energy that we are born with ('Jing' or 'Life Force'), and is maintained through exercise, a healthy diet and lifestyle. Gong means 'to accomplish' or a skill that is cultivated through regular practice. Qigong therefore means

*“twice weekly sessions provided this together with the opportunity of new learning and movement through practising Qigong”*

method for cultivating Qi or energy exercise that enhances our health, well-being and quality of life.

In addition to our regular Qigong classes on a Monday and Wednesday – we also now provide early morning 'Stretching and Meditation classes' (Makko-Ho exercises) on Mondays,

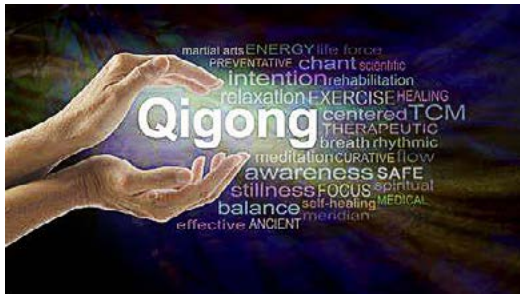


*Tai Chi Qigong practiced daily in parks and outdoor spaces*

Tuesdays and Wednesdays for 30 minutes. There are also plans for other similar classes which will be available on the U3A website or contact Murray Nicholson for details – Email: [murraynicholson@trecs.net](mailto:murraynicholson@trecs.net) or mobile: 07393 858317 Here are a few contributions and feedback from regular U3A attendees regarding Qigong zoom during Covid-19 restrictions

LS ..... "During lockdown what became apparent was the need to keep contact between people and your twice weekly sessions provided this together with the opportunity of new learning and movement through practising Qigong. Zoom worked very well for this purpose and was easily managed technically by all of us involved. I have found that I now incorporate Qigong into my daily life in some form. It is particularly helpful to know now how to respond to the usual aches and pains i.e. tight neck, sore shoulders, aches back etc by understanding the value of relaxation and gentle movement and can usually improve how I'm feeling.

Stress is something we all live with in some form or other and Qigong is a good way of alleviating this and the variety that has been introduced in our classes have been extremely helpful.



Understanding the 12 Chinese meridians is another way of looking at how our bodies work. Exercises for lymphatics are beneficial daily and learning something of the five elements and EFT depending on the seasons of the year and pain and discomfort relief have added to our wellbeing toolkit. I whole heartedly recommend Qigong."

SC ..... "Murray has been amazing during the Pandemic. His zoom classes have been informative and easy to follow. The meditation near the end of the class has been really beneficial in helping to lower my stress levels along with the "tapping techniques" we have been taught which are useful to use at any times during the day. Thank you Murray"

VC ..... "Classes during lockdown have been highly valuable to me, both physically and mentally. Zoom may not be the same as being together in person, however, it's a very good second best and Qigong lends itself to zoom, in fact the meditation aspect is pleasant when practiced alone I find. "

AJ ..... "I found the Zoom Qigong classes extremely beneficial during lockdown: they really helped me to keep exercising and

socialising, and there was no excuse for not attending if the weather was bad! Murray always strikes a good balance between repeating the basic moves so we learn to perform them really fluently, and introducing other aspects of Qigong or related disciplines, which are also interesting and beneficial. I always feel better after a class: more in touch with myself and better able to carry out both routine and more skilled activities. Whether the



classes are online or in person, I will continue to attend."

GC ..... "The continuation of our Qigong sessions on Zoom during the past 16 months have been a lifeline. It is beneficial to both physical and mental wellbeing. The breathing discipline helps to encourage one to breath in more deeply and exhale more slowly and fully. The concentration on slower, deeper breaths is calming and helps clear the mind, aiding the blotting out of

*"Classes during lockdown have been highly valuable to me, both physically and mentally"*

distractions.

From an exercise point of view, the flowing, extended but not overstretched movements aid flexibility and help with coordination and balance. Despite the fact that familiarity with the movements helps with the flow of the exercises, an occasional variation in the content, and addition of new disciplines from time to time, prevents it becoming so routine that the mind wanders. It's a relaxing, calming but amazingly energising form of exercise. Qigong, together with the addition of early morning Makko Ho stretching sessions, make the effort of bending down to pick up anything other than a £10 pound note easier and worthwhile!"



Written by Murray Nicholson

Village Hall photos by David Middleton

# John Dicker



As many of you may know, the u3a does not generally carry or record obituaries in Senior Moments, but there have been exceptions and John Dicker is certainly one. He joined and became a very active member of Bookham u3a, as Neil Carter said at his funeral, his involvement was huge being a Group Leader of the Botany and Ornithology, Classical Music, Table Tennis groups and also participating in many others. He served as Chairman for 2 years from 2008 to 2010 and lead with enthusiasm and good humour. Roger Mendham said I loved his zest for life and I came away from every discussion with him more energised than before.



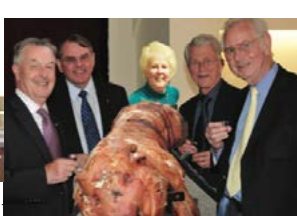
Lynda Tomlinson said I don't think John knew what had hit him when I arrived with my quips and comments on the names of some of the plants but we got on really well and became good friends, there was always a smile and a laugh. He was very tolerant and patient and "Yes John" I did learn a lot from you.



John was for me the very essence of a u3a member—always willing to impart his knowledge and I considered him my tutor in the University of my third age.



Ruth Blood, the first editor of this newsletter and an early member of the Botany and Ornithology group said "A heartfelt "thankyou" to John .... (and to Janet for all the admin duties she undertook for the summer tours)."





## WINE GROUP 3

In a warm and sunny evening in late June all members of Wine Group 3 were hosted by Mike and Lynn in their beautiful garden, to celebrate

Bookham which partnered very well with the copious bottles of wine. Lynn then brought out a delicious chocolate cake and the dusky evening was rounded off with a sweet red wine and hot drinks. A good night in good company.



*The group*

Lynn's special birthday (yikes, 60 again...). We started the evening with a tour of the garden and a glass of fizz in the sunshine and Lynn showed us the beautiful climbing rose we'd bought for her birthday, organised by Terry and Jo. The usual wine tasting was binned (geddit?) as it was more of a party night but wine bottle labels were studied with interest. We'd pre-ordered pizzas from Del Fuoco in

While we have kept together with zoom, we're all agreed that there really is nothing like being together in person, albeit being mindful of the current social distancing rules.

*Val Cross*

*The Birthday girl with him*



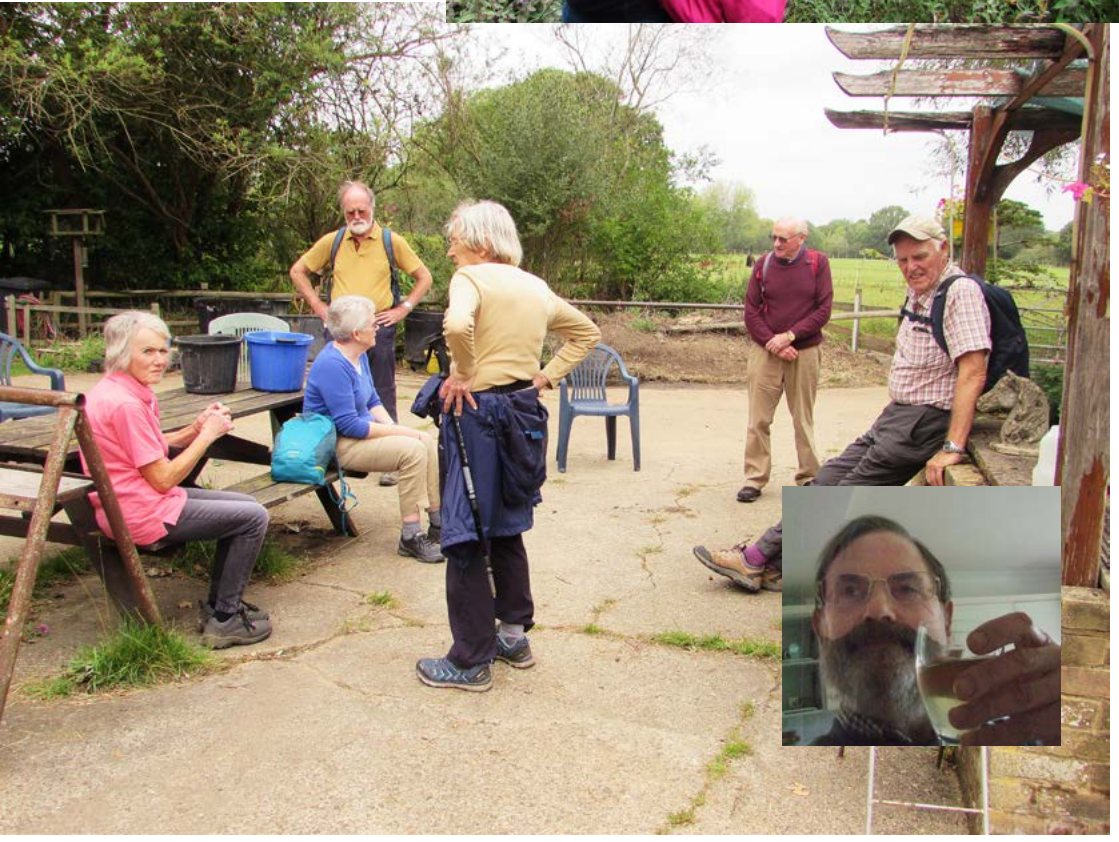








*Photos by David Middleton from  
one of his recent walks*



## I've sold my car!

I no longer have an ICE car (Internal Combustion Engine) car, I now drive a computer on wheels, at least that's what my son, who has been driving one in California for over 7 years calls his Tesla S. Mine is a VW ID.3 the latest car from Vokeswagen, who



have invested vast amounts into their EV (Electric Vehicle) range. The 3 apparently is to show that its their third major model. The first being the Beetle and the second was the Golf. We must all have EVs by 2030, so the Government tells us—that's in

just nine years time. In many ways my VW ID.3 is similar to a Golf, the model we have been driving for several years but this ID.3 feels bigger and certainly more robust. Its

large 59KW battery covers the whole of the under floor of the car. It makes the car very heavy and this gives it a low centre of gravity and this means it handles very well.

Of all the technological changes that have taken place in my lifetime the change to an Electric Vehicle was by far the easiest and least stressful. When I changed from Windows PC to Apple Mac there were some programs I regretted losing but the many benefits of using a Mac, especially for photographs soon outweighed any regrets I had. In photography I was an early user of digital instead of film. Again there were a few regrets but the joy of having so much more control over every aspect of the captured image ensured I never looked back with much regret to the days of film, darkrooms and wet chemicals. I had waited a longish time to change my car from ICE to EV (that's internal combustion engine to electric vehicle) having seen and first driven my son's Tesla in San Francisco several years ago. I find now after over five months with an EV I have no reservations whatever and certainly no regrets about the change. The car I have is the Volkswagen ID.3 that looks at first like an updated Golf but its a much more substantial car with more room inside and so enjoyable to drive. There is no gearbox, the relatively small electric motor has only forward and reverse and it responds very quickly and smoothly and being far more of a computer than a conventional car it has many enjoyable extras. It can read all the road signs and bends in the road ahead and slows down and speeds up accordingly. The SatNav works far



more efficiently and it links well with my iPhone so that all my contact addresses are available and the sound quality from both the radio and my extensive collection of music is much closer to my home hi-fi than the now I realise basic in car sound system. Electric Vehicles are going to be much easier to maintain and service—no oil change, no spark plugs, no clutch to be renewed and many other service requirements for an Internal combustion engine will become redundant. Its said the battery will last for ten years and some manufacturers gurantee the battery for 8 years. The whole motoring experience will change completely for all of us. The only “doubtful” area is the range or miles that can be driven before a charge is needed for the battery. I have found, over the years, since I retired, not only is my annual milage very much reduced but even in my ICE days I was buying most of my petrol locally. Now the charging is so local I dont drive the car anywhere and just plug it into the wall device I have had installed. There are many charging devices available but I chose the Wallbox that has no buttons or controls that can only be accessed through the car or the smart phone where you can arrange for charging only to take place at the electrical off peak times of the day.

### Benefits of Electric Vehicles (EVs)

- More than 20 manufacturers are bringing or have brought electric cars to market
- Improve the environment
- Lower running costs
- An improved driving experience
- Opportunity for free parking
- More convenient refuelling (charging)

The link to the Electric Car Presentation can be found on the Bookham u3a website

Probably the first question most people ask about an EV is “What's the range?” Mine is about 260 miles but as a friend who

### Running Costs I

- EVs are cheaper to run when compared to petrol or diesel
- On average an electric car costs £2 to drive 100 miles whilst a petrol equivalent car would cost £11.60 for the same distance
- Zero road tax
- Fewer moving parts so EVs need less maintenance and servicing is simpler





also has an EV said “When did you last drive 100 miles without taking a break?” Its true the home charge is not very fast and takes several hours to change from near empty, but I have yet to let my car get that low because I charge it overnight if I have been using the car so that it is being constantly topped up. I also know that the

cost is offset by the savings on petrol where I used to spend at least £40 a month, I have none of that expenditure now and the cost of recharging at home is very low, especially if you set it to charge during the night on the lowest rates.

### Refuelling (Charging)



- No need to go to a petrol station
- Just charge wherever there's an appropriate electrical socket or plug
  - At home
  - At work
  - In public places such as car parks

Shell garage in Asstead has a fast charger which will take about 40 minutes from near empty to fully charged if I ever find myself in a situation where I am running low and need to drive a long distance urgently.

The price of fitting a home wall charging unit is very much dependant on costs involve of routing the electrical supply to the point outside the house. Plugging in to a 13 amp socket is not advisable because the demand of the car battery is too great. It will work in an emergency but it is very slow to charge.

Since I started putting this piece together I discovered Bookham u3a Science and Technology group has had a presentation on Electric Vehicles—What you need to know to keep one on the road. It was a slide presentation that included all the up to date information about charging at home and around the country.

### EV Batteries II

- A Lithium (Li-ion) battery is rechargeable and used in DVs as well as several portable electronic devices
- Li-ion batteries have a higher energy density than lead acid or nickel-cadmium rechargeable batteries so minimizing the battery pack size
- Li-ion batteries are safer than many alternatives – eg there are safety features to protect batteries during repeated rapid charging sessions in a short period of time
- EV specific batteries will last for many years – Nissan warrants their batteries will last 8 years or 100,000 miles and Tesla offer a similar guarantee
- However current prediction is that an EV battery will last 10-20 years before needing replacement!
- Unlike Li-ion mobile phone batteries which typically have a life of a few years, EV batteries
  - use features to limit the Li amount of stored power cannot be used or recharged the number of cycles the battery goes through
  - have cooling system



If you are considering an EV and we shall all have to in 9 years

### Public Charging Networks I

- Some public charging examples:
  - Tesla Supercharger Network
    - Free for older vehicles
    - Vehicles bought after 1<sup>st</sup> January 2017 – 24p per kWh OR
    - Vehicles bought after 1<sup>st</sup> January 2017 – billed per minute of charging
  - Non Tesla owners need to register and subscribe to alternative networks
- Zap-Map & Open Charge help identify which charging network charging points are nearby
- Over 38,000 public charging points at 13,900 locations (22<sup>nd</sup> February 2021)



time, I highly recommend reading this presentation for all the

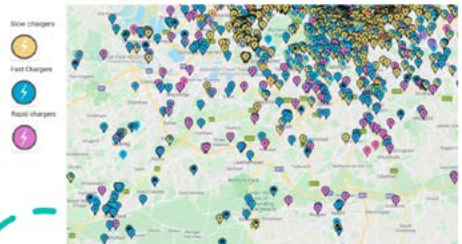
### Charging Options

- Charging costs at a public charge point depends on the charge point network and the charge point location; many local authorities offer a pay per session approach to on-street chargers. Occasionally they can be free to use if you have paid a network subscription.
- Public charge point costs vary depending on the power rating and whether it's:
  - Slow (lamp post charging)
  - Fast (car park charging) or
  - Rapid (at motorway services)
- Rapid charge points are typically at motorway services and are generally a more expensive option because they can typically charge an EV to 80% in 20-40 minutes.
- Alternatively – charge at home using an EV electricity tariff!



Electric Cars are more expensive to buy but I have been buying my cars through lease plan for several years and after the initial deposit the only concern is the monthly payment. While it is true, in my case, I am paying more each month than I did with an ICE car the

### Public Charging Points - Zap-Map near Bookham



valuable information it contains.

Nearly all the illustrations in this article were taken from Chris Middleton's Electric Cars Need to Know.

Maurice Baker

## How to print your own copy of SM and indeed any A5 booklet

Many things have changed because of the Lockdown and ingenious ways of coping with the difficulties of change have been made. One change you will have come across in the u3a is that printed copies of the quarterly Senior Moments are no longer available to members, at least for those who have email addresses. The email copies of our magazine have been available every issue since I took on editing the magazine but the uptake has been minimal. I can't say I blame members for this because I do like to have a hard copy to read in preference to reading on line. There is a way around this problem and that is to print a copy for yourself. I know there is a cost involved and more and more computer users have dispensed with their printers but I would never be without mine and I don't have an expensive printer, but one of the least expensive HP printers you can buy online or at PC World, Curry's, Ryman's and other computer suppliers. My printer is an HP 6230 inkjet and I recommend HP because while all ink jet printers are very similar I have found HP ink does not penetrate through standard A4 copier paper in the way some other leading ink jet printers do, so that the second side printed can be almost illegible on standard 80g/m2 paper. Another great advantage I have found with HP is that they offer an ink supply system that really does mean you never run out

of ink because all modern printers are linked to the WiFi system so that you no longer need to physically connect the printer to your computer but this also means you can set it so that HP monitor your usage and when they determine you are running low on ink a new batch of cartridges is posted to you. I have been using this system now for over two years without any problems or excessive cost. You can register with this service for £1.99/month and having tried many ways of buying inks I find this to be by far the very best way of dealing with the ink supply problem.

In order to print an A5 portrait format booklet you need to download the app Create Booklet

With the PDF copy you have downloaded from the Bookham u3a website, go print, locate Create Booklet in the Print box

The file should load as an A5 portrait file.

Make sure the orientation is Landscape so that the front cover of SM will display on the right hand side of the preview image on your screen

Select Layout from the dropdown box below the Orientation image

Make sure Two-Sided is ticked

Change Long-Edge binding to Short-Edge binding in the dropdown box

Print (and keep your fingers crossed!)

Maurice Baker



These two photos show recent copies of SM, one is printed by our printers on heavy semi matt paper and the other copy is printed on ordinary 80gsm copier paper. I can't see the difference and I doubt anyone can but if you had the copies in front of you it would be possible tell immediately which is which.

When we all joined the U3A, we made a commitment to uphold the guiding principles of the U3A movement, one of which is to recognise that we are a self-help group in which volunteering is essential for the organisation to function.

We now have a need for new volunteers to support the committee in running our activities. A number of the current committee are retiring soon, having served for several years. So we need some new committee members to continue offering the range of activities you all enjoy and potentially to contribute new ideas.

Could you make a bigger contribution to our U3A? If so, please let any member of the committee know. Alternatively, do you know another member who you think could do a good job on the committee?

We have potential vacancies across a variety of roles on the committee and some positions are more urgent than others. So please talk to any member of the committee to find out more as we try and match your interests and skills with the roles. Role descriptions are on our website.

If you are concerned about the level of commitment required, please talk to any committee member so that they can describe their experience.

Our contact details are on the website and in this Senior Moments.

From your Management Committee



## London Walking Group 4

The 1st July was a perfect weatherwise walking day when nine of us met to walk from Friday Street to Leith Hill and back via Broadmoor. Chris and Benita organised and led the walk in the absence of David who was busy watching yachts sail round the Isle of Wight. The walk to Leith Hill was through beautiful woodlands where many of us had not been before and we came out to spectacular views once there. A little cafe provided snacks for those who hadn't taken a picnic and the lemon drizzle cake was highly recommended by Chris and Benita. We sat, chatted and enjoyed the views before carrying on the circular route back

to Friday Street. A group of schoolboys doing their DOE Silver Medal caused discussion when they were seen setting off with not a map in sight but peering intently at their phones - changed days. We had a very small diversion to look at a waterfall but no water was falling, however the lake it usually supplied was impressively large.

It's been decided that we'll plan to go to London in August, after weighing up the situation nearer the time. We'll walk along the South Bank and take picnics if the statistics are favourable, fingers may have to be - er - crossed...

*Val Cross*

