



Senior

Moments

The Newsletter of the Bookham & District

University of the Third Age

Issue 68

November 2020

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

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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

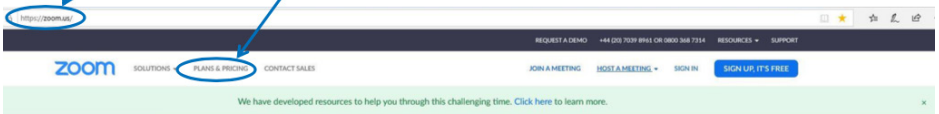
Supported operating systems

- 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

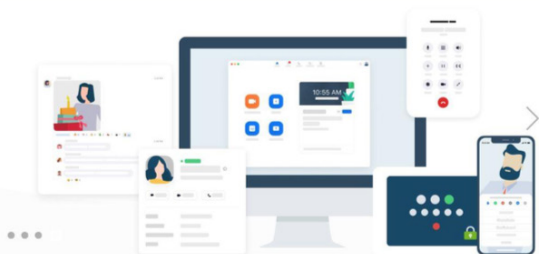
Use Google to find <https://zoom.us> and click on the Plans & Pricing tab.

This will take you to instruction 3.



In this together.
Keeping you connected
wherever you are.

Sign up for Free Helpful Resources



Chris Middleton



Bookham and District U3A

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Social Events
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While our meeting restrictions continue this U3A continues to thrive and be inventive. We have fully embraced Zoom, not just for monthly meetings and our Committee Meetings, but also for Interest Group activities. From Book Groups to virtual Wine Tastings and many more besides, our members are using the technology to keep up their interests and interact with their friends in our U3A.

In this issue there are articles on Victorian cottages, and a Bookham Common which story recalls the delights of Spring time. There is a piece on Lost Crafts due not to the present crisis but to the invention of photography over 180 years ago. Anita Laycock's vegetable garden report is included. There is a social history that makes interesting reading and Zoom meetings get some coverage with new and original ideas. I have also put in a notice about the Bookham U3A calendar that is now available for only £5 and if you pay by cheque or bank transfer a copy will be posted to you free of charge!

I thought the October meeting on Zoom was excellent with Margaret Watson explaining, then demonstrating the harp and it was most enjoyable to watch. Being able to see the harp close up while she played was better than the long distance view we would have had in the hall.

Maurice Baker

Cover photo: winter logs (it was an old apple tree) Maurice Baker

Chairman's Report

Dear fellow members,

The weather has finally changed as we move into more autumnal temperatures and this particularly unusual year enters its final quarter. The ever changing colours of the leaves on the trees makes this an attractive time and reminds us of just how lovely an area of the country we live in.

We may not have been able to enjoy it as much as usual but we are surrounded by an Area of Outstanding Natural Beauty and some wonderful sites. As some of you know, I had the pleasure of exploring Mole Valley as I prepared a talk for Heritage Open Days and it was the variety of scenery in our area that is my abiding memory. We can still get out and about and I thoroughly recommend taking the opportunity to go to places like Ranmore Common or Polesden Lacey to enjoy fresh air and lovely views. They may be familiar places, but this is one of the best times of year to visit them.

For a longer trip, Sheffield Park and Gardens may be 40 miles away but it is rightly famous for its autumn display, the season the gardens were planted for. In common with other National Trust properties you do have to book tickets in advance, but it is worth the effort to see the evolving palette of colour around the lake.



I am pleased to see an increasing number of our Interest Groups being active; holding virtual meetings with Zoom, or using the Old Barn Hall, which is open as a covid-compliant facility. There are restrictions and processes in place to ensure everyone is kept safe, but it is a small, positive step in the right direction. The important issue is to ensure we all comply with the restrictions and conditions the

Government has imposed.

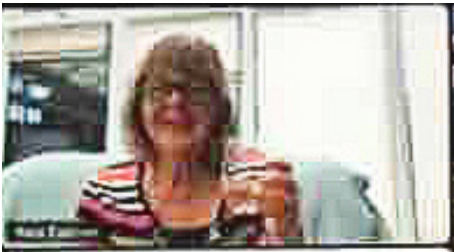
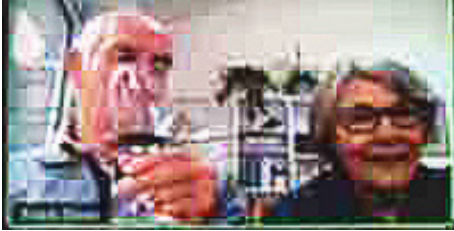
I wish you well, keep safe and keep in contact with your family and friends. Looking forward to seeing you all again as soon as we can.

Best wishes,



Wine Group in Lockdown

Here is Wine Group 3's Zoom meeting on 9 June, following on from the first highly successful U3A Zoom monthly meeting, so it's been a busy



Zoom day. We managed to spend a very convivial 80 minutes of chat and laughter without much talk of the various wines we were all sampling. Lovely though it is to get



together this way, we're all looking forward to sitting round the same table again.

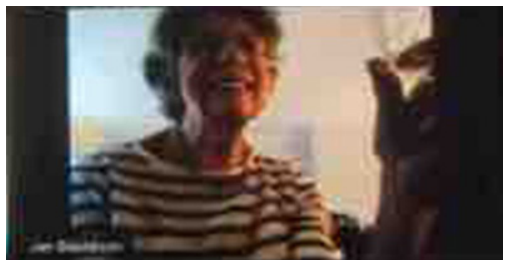
Val Cross

I wonder how many groups in Bookham U3A resorted to Zoom meetings and will they continue after the lockdown is over. I certainly think there is a good case for Wine group Zoom meetings because I really don't like to drive after drinking wine which I find



so intoxicating and Zoom wine meetings would resolve this.

Editor



Victoria Cottages, Home To The Amey's And Others

Two of Bookham's oldest surviving cottages provided a great research topic for the U3A Social History Group during the 2020 lockdown, when monthly meetings had to be suspended. Familiar today as the pink premises of the dental practice England's House, the semi-detached cottages at numbers 28 and 30 High Street date back at least to 1548 when sources show they were occupied by a Dame Elizabeth Durden.

As well as checking various local



history books, the researchers used the census from 1841 onwards, electoral registers, conveyancing documents and many other sources to uncover the ownership



and occupancy of the cottages, including speaking to people who remembered one of the last tenants of No. 28.

The building was known as Victoria Cottages from the 19th century onwards. What is now No. 28 was called simply Victoria Cottage while its neighbour retained the earlier name England's from the

1700s. They had been modified in the 17th century and have been separately occupied ever since. The dental practice arrived at No. 30 in 1992 and today the freehold is shared.

Originally covering some two acres, the timber-framed cottages once had a hole in the roof for smoke release. What is thought to be an original wood staircase survives inside as well as first floor windows that were originally constructed for leaded lights in diamond shaped panes. A well located in front of the cottages provided water for hundreds of years and was still used by the tenant of No. 28 until she died in 1990. She had no hot water and minimal other utilities.

Her name was Kate Amey and she had been born in Victoria Cottage in May 1899. It had just four rooms. Her parents, William and Emily, had married in 1890 and moved there the following year. Their first child, George, died of tuberculosis in 1893 aged two when his baby sister Florence was a few months old. Two further daughters were born, Alice in 1895, and Kate four years later, just four months before their father also succumbed to TB aged 39. Emily remained there for the rest of her life, dying in 1959 aged 95.



Kate Amey

The March 1901 Census shows the widowed Emily Amey, 37, earning her living as a laundress, living with her little daughters. Their next door neighbours in England's were bricklayer John and Amelia Atkins who had lived there for at least 20 years before that. John died in 1906 and Amelia in 1910.

In 1906 Emily Amey started working at Bookham's Barn Hall as caretaker and cleaner. It



Emily Amey

became a lifelong commitment as she remained in the job for the next 43 years, retiring aged 85. To the very end she scrubbed the floors and trudded up and down the High Street in all weathers to ensure the place was locked securely. She had a similar role at St Nicolas Church and was known for regularly taking the choir robes back to the cottage to be washed by hand using water from the Victoria Cottages well.

A U3A researcher discovered a historic postcard on eBay dating from 1907 and addressed to Mrs W. Amey, Victoria Cottage. Postmarked Guildford, it reads: 'Went to Whites [a local outfitters] and found hat there and paid for it to go by post. Cheer up as well as you can.' Emily's mother had just died and the hat may have been for the funeral. The mother had lived all her life in Hampshire but was buried at St Nicolas Church, Bookham, so presumably had come to stay with her daughter and grand-daughters.

The next census in 1911 showed Florence Amey had gone. She was now in service at Walton-on-Hill. She



later married Henry Griffiths, the blind organist at St Nicolas Church and they lived at Beckley Cottages, Leatherhead Road. Alice remained with her mother for a while but it was Kate who returned to live at Victoria Cottage from 1939 onwards. From 1931 she had spent some years in service with a British family in India, returning to live in Guildford for a while but was now re-settled in Bookham, never marrying. 7

Together, the Ameys served school dinners at the Barn Hall for many years.

Kate took over the tenancy of Victoria Cottage on her mother's death in 1959. The rent had been fixed since the turn of the century and she refused any review of it. As a result the cottage was never really modernised and always retained an outside lavatory and cold water bathroom. It was said to be like stepping back 100 years. Kate continued her mother's long association with St Nicolas Church and kept a miniature wooden coffin containing savings for her own funeral. She was buried at the church in 1990.

Members of the Amey family had lived somewhere in Bookham since the 1700s and Amey Drive off Lower Road is named after them. Victoria Cottage increased in value dramatically after Kate's death and the property was sold with a share of freehold in October 1999 for £162,000. Two subsequent sales followed in 2013 and November 2016 when it fetched £350,000.

England's, No. 30 High Street, had a very different history. A series of families lived there - some for decades - including the Crockfords before the Atkinses and from 1917 the Scotts. Some were employed as gardeners. Local solicitor Stephen Fortescue owned both cottages from the mid-1950s onwards and installed a modern water system in England's as well as upgrading the garden. He lived there himself for a while but No. 30 was then occupied on and off for many years, either left empty or used for commercial premises until the first dental practice arrived in 1992, also changing hands before the present owners moved in.

Tony Matthews Social History Group

On Bookham Common

The following photographs may be of interest. They are mostly taken on our exercise walks on



Bookham Common during lockdown. The Canada geese were quick off the mark in March/April; two pairs each with 4 goslings, little balls of golden fluff. The coots not far behind with



their chicks. The Swans' young - no



show yet – waiting for the warmer weather(?) although I've learned since that the swans were mobbed by



the Canada geese so may have been discouraged from producing young.

More recently, the goslings had grown quite large but, sadly, one gosling short. It had been savaged by a loose

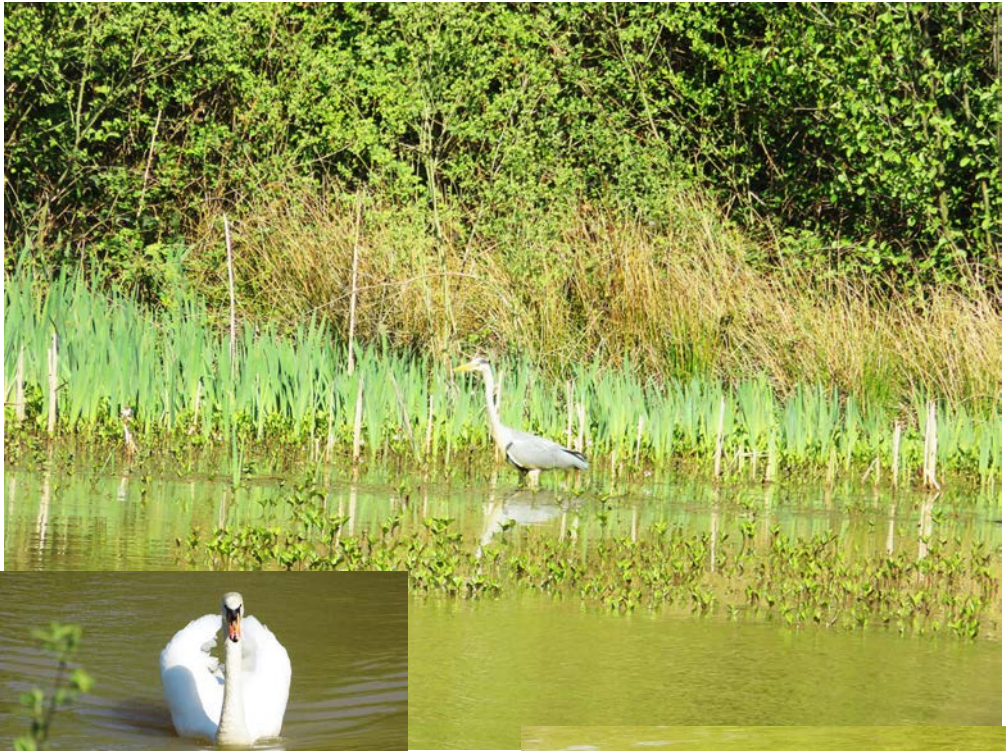


dog and did not survive. The ducks were off the mark with their ducklings,



about 10 or 12 that we could count, including one that was very independent and kept straying

seen the one flying round the pond or standing in the water, difficult to get a good picture as it was way across the



from his siblings.

There is also a heron's nest in the trees near the pond. Only



other side of the water:

Stay Healthy
Don and Chris Edwards

Lost crafts

There have always been crafts, jobs and occupations that change or even disappear over time. In the printing industry that I originally trained in has changed in my lifetime almost beyond recognition. Gone are the compositors, typesetters, keyboard



Ecce Homo by Jan Norblin, original print (left) and copper plate (right) with composition reversed (National Museum in Warsaw).



An assortment of hand engraving tools

operators, machine minders and lithographers and only the bookbinder's craft remains in anything like its original form. Indeed bookbinding for casebound books that people still buy has not changed so far as the appearance

of the binding is concerned, basically since books were first produced, even before printing was established. There

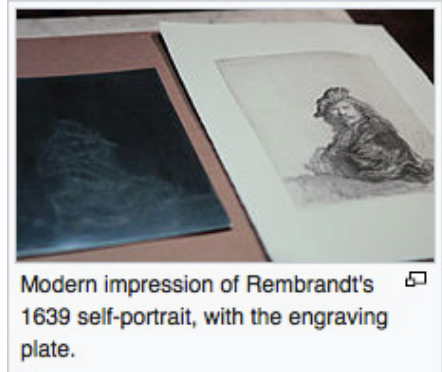


An engraving from a famous turner painting

are of course a number of aspects of engraving. It was used to produce music scores and engraving onto cups and medals is still carried out,

but the craft I want to discuss here is engraving of illustrations. It is of course still practised in art schools and art training but if you consider its standing before photography was established it was a very important craft and skill.

An engraver's job was to



Modern impression of Rembrandt's 1639 self-portrait, with the engraving plate.

reproduce the skill of the artist, usually in a single colour on a hard metal plate by scratching and gouging out the metal with a very sharp tool, the main being being a burin. Not only were they expert in converting an artist's painting into a single colour line reproduction, but they had of course to do the whole operation in reverse so that the image appeared the right way round when it was printed. Traditionally the metal was polished copper. It had the advantage of being soft enough to be easily worked. Some artists took great interest in the work and skill of the engraver, and one such was Joseph Mallord William Turner (1775-1851) He was not only concerned with the accuracy of the engravings of his pictures but he also worked with engravers on techniques to improve the method of producing shadows, for example. He tried and worked with engravers on hatching techniques with various sharpened



St. Jerome in His Study (1514), an engraving by Northern Renaissance master Albrecht Dürer

tools to scratch and gouge the copper plates. He also took great interest in the paper used to print as well as the paper for his own sketches. He carried a sketch book with him everyday throughout his long life. He was 76 when

he died and had been a considerable artist since he was a boy.

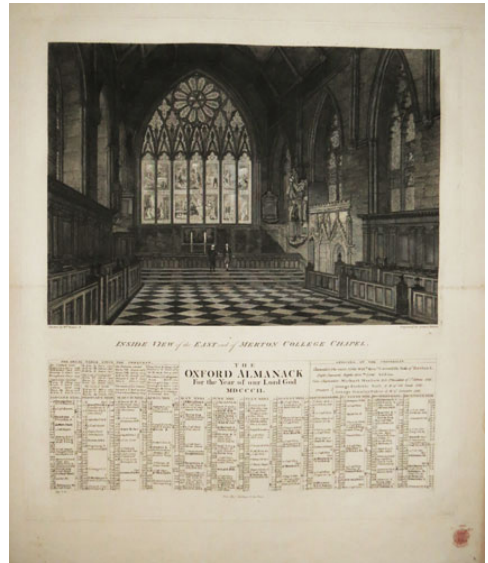
The very practical importance to an artist in having an engraved copy is that many copies can be produced and sold from the engraved plate whereas the painting could only be sold once.

The magazine London

Illustrated News was founded by the an enterprising newspaper publisher, Herbert Ingram. Born in 1811, he ran a printing, newsagent and bookselling business in Nottingham around 1834. As a newsagent, Ingram was struck by the reliable increase in newspaper sales when they featured pictures and shocking stories. Ingram began to plan a weekly newspaper that would contain pictures in every edition. The very first illustrated newspaper in the world, The Illustrated London News, was printed

for 161 years from 1842–2003 and until photography could produce suitable photographs in the late 1800's, engraved pictures formed the main illustrations in this weekly magazine. These engravers were very skilled craftsmen and indeed as artists, who not only had the ability to produce a picture but for an engraving it had to be made on the polished copper in reverse!

Another source of long standing engravings is the Oxford University annual calendar know as the Oxford Almanack. It is a single sheet, now A3 or thereabouts, with half the upright page taken up by the calendar and the names of the principal university officials and the other half with a picture. It has been produced every year since 1676 and most years it



has featured an engraving, at least until photographic reproduction was capable of reproducing paintings, probably in the early 20th century.
Maurice Baker

Vegetable Gardening

Our Group have been very busy over the summer months tending to our vegetable gardens and allotments. We have kept in contact via email, WhatsApp and social distancing.

There were two main culprits to the growing season this year – the dreaded blackfly which attacked our runner beans, and a drought which caused many of the seeds unable to germinate. Thankfully rain later in the season ensured a good crop of tender runner beans.

There have been many successes, especially the copious amount of delicious homegrown tomatoes. We have either turned them into sauces ready for the freezer, bottled them or made green tomato

“Fruit especially gooseberries, raspberries and blackcurrants have done very well”.

chutney.

We are putting our plots to bed, ready for the winter but will still enjoy leeks, parsnips, spinach and swiss chard.

Mr McGregor, our Group mascot,

now has a new companion – Monty. He resides with Wendy who took the photo in her back garden. He is sitting on her bench enjoying the sunshine and looking very pleased with her baskets of



shallots, tomatoes and butternut squash.

The Hut at Eastwick Road Allotments is once again open on Sundays from 10am to 12 midday. They sell excellent Country Manure to spread on our plots adding nutrients to replenish our soil.”

Anita Laycock

Writers of the Third Page

During lockdown, I've discovered some wonderful online groups to participate in, including the U3A Facebook group 'Keeping In Touch'. Here I learnt of a brilliant initiative by Barnsley U3A to make their new Creative Writing Group virtual and open it up to members around the country and indeed,



the world! As well as Barnsley, we have members from Doncaster, Cam & Dursley, Stafford, Coggeshall, Epsom and Ewell, Morpeth, and Victoria, Western Australia, as well as yours truly from Bookham.

It's all done by email so it's very simple. Every 3 weeks, Mac sends us a photo and a working title to inspire us all to write the first chapter of a 2-part short story. At the end of the week, we all give feedback and vote for 'author of the week' whose story is then carried forward for all of us to continue into chapter 2.

Again, we all vote for a new author of the week, then we have a weeks rest before starting the next one. It's great to read such a variety of styles and I love the different directions we each take from the same initial prompt. Mac is compiling our entries into a book reflecting this



and our global reach with the title (which I thought up) of 'A picture paints a thousand worlds'.

This is just one silver lining that's come out of this enforced re-boot of our lives. I'm pleased that my U3A friends have overcome their fear of technology and embraced all it has to offer. Instead of being berated as a primary cause of isolation (at least in the young), the internet has proved its worth in bringing people together and establishing new social networks and lines of communication. I'm hopeful that the enhanced sense of community that came from us all being in the same boat, will continue. There seems to be more kindness about - long may it last!

Michelle Howes

January 2021

Monday
Bookham U3A Painting Workshop calendar 2021



The Old Barn Hall—when shall we return?—Maurice Baker

Monday	Friday	Saturday	Sunday
1	2	3	
8		10	
15		17	



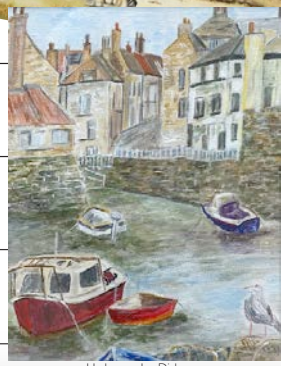
Koala—Simon Eady



May

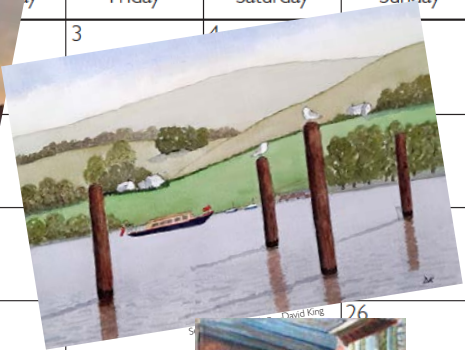


Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3						
10						
17						
24						
31						

Kittens—Jane Bishop



Harbour—Jan Dicker

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				3	4	
6						
13	14	15	16	17	18	19
	Venice—Patricia Stevens					
20	21	22	23	24	25	26
27	28	29	30			
						

September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8	9	10	11	12	13	14
15	16	17	18	19	20	21
			25			
						

The 2021 USA Bookham Calendar is now available. It is still priced at just £5 and if you pay Bookham USA a calendar will be posted to you at no extra cost.

Social History 2 Group

Since lockdown, our group has simply switched our monthly meetings from one of our member's sitting rooms to all of them, via Zoom. We kept to our original schedule and have enjoyed catching up with each other's news as well as learning and discussing a variety of topics.

We started in May, finding our way round Zoom and watching some British Pathé news clips on upbeat topics, to give us some ideas to explore in future meetings.

In June we reminisced about our childhood summer holidays, each contributing our memories with some black-and-white photos as well as lovely illustrations from railway posters and postcards.



We homed in on Bookham in July, with Colin telling us about changes in the village in the last century.

In August we celebrated being able to get out and about again, with Martin Marriott's presentation on personal transport through the ages, from walking to flying. Cycling was a real game-changer; being both a sport and a means of travelling to work, and even influencing changes in women's clothing, away from corsets towards comfortable clothing one could move, eat and breathe in!



In September we went back to Medieval times and looked at the numerous ways people sought to protect buildings from evil. 'Bless this house' described everything from gargoyles to green men, and dragon carvings to apotropaic or 'witches' marks.



In October, Jim introduced us to two quaint customs from East Kent: hoodening, which has elements of carol singing combined with



a horse figure, rhyming couplets and entertaining role-play, and the traditional game of bat-and-trap

which is still played today. All being well, we're looking forward to having a summer picnic complete with bat-and-trap game next year:



Everybody is welcome to join us for our monthly Zoom meetings as a guest without necessarily joining the group – please contact Michelle Howes for details. On Monday 2nd November, Judith Witter will talk about Mary Chrystie, a wealthy widow in the Victorian era, who was a benefactress and active in temperance and property development in Bookham. We're very lucky to have Judith, who has written a book on Mary Chrystie and her family, to present this topic which is of great local interest.

December's meeting will be an informal 'show and tell' with each member describing some aspect of Mid-winter/Yuletide/Christmas celebrations or traditions through the ages. We'll raise a toast to better times and share our mince pies virtually this year!

Michelle Howes



Zoom discussion on ageing

I attended a Zoom lecture via Bookham Leisure Learning Current Affairs Class on ageing given by Tim Cocking of Brightcare in Cranleigh. I found the talk very interesting, not only about the care options he discussed (in your home or moving to a care home) but on his ideas about ageing. I thought his idea about older life would be of interest to Bookham U3A Members.

He began by pointing out how the media often write articles about those aged over 60 with a lack of expectation. A typical article could be to write in a surprised tone about a pensioner aged over 60 who fought off a mugger when in fact this person was very physically fit and well and capable. These articles write as if those in older generations have nothing further to contribute and are resting. Tim described this failure to recognise and harness the experience, learning and judgement of a generation as the undoing of our society.

His description of the characteristics needed to have a happy life were being purpose driven, having an active life which is not sedentary, a desire to connect and thrive on the connection with people, a positive disposition and perception of ageing well.

In our older years we should be encouraged to make a great contribution to others by being very generous with our life experiences and trading this for help with the vulnerabilities that can occur in our later years.

I believe this latter view chimes very well with all that U3A members bring with their energy, intellect and enthusiasm to their interest groups. Maybe more of us should be willing to be generous and offer our life experiences and skills to relieve the pressure on our wonderful committee members who work so hard to make our U3A so successful.

Our U3A Committee have worked brilliantly in this current situation. They have led the way encouraging as many of us as can to use Zoom for group meetings and set up the use of Zoom for our main meetings. Zoom can never fully satisfy our basic human need for “in the flesh” connection, but given the continually changing Government restrictions it goes a long way to allowing us to see familiar faces and engage in some social chat as well as learn something new.

Tim’s top tips for planning care needs were:

- 1 Waiting until a crisis point occurs is too late
- 2 Avoid going to the local authority or the media for advice on care. Accept you are going to pay for your care and so you will be in control of choosing the best possible care for your particular needs
- 3 Decide whether you are a Do It Yourself type and want to source care directly or a Delegator that

will use a Care Advisor

4 In making your decision consider which care source you feel you can implicitly trust as trust should be non negotiable once you are receiving care

5 Look for warmth and emotional intelligence

6 Offer love and care to your carers and they will love and care for you

Finally Tim described the age 75 as the new 65 and offered tips on how to stay young which he had learned from his clients

1 Eat Healthily

2 Exercise with friends

3 Mentor people younger than you

4 Pursue deep and meaningful relationships with others for the long term

5 Share your time and possessions freely

6 Share things with young people

7 Never believe you are too old to babysit

8 Un-retire

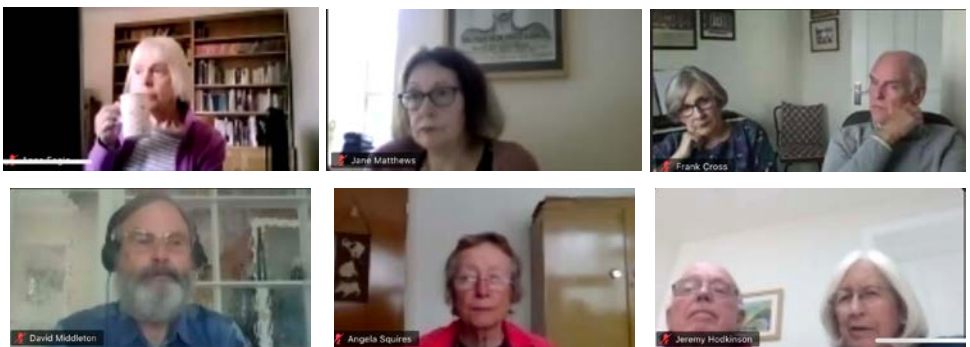
9 Keep friendships only with people who have a positive emotional effect on you

10 Stay humble in learning about the world and other people

11 Keep topping up your cumulative experience

12 Never ever stop making daily deposits into your bank of training, education and experience as you never know when it will be called upon

Judith Witter



Captured from a Zoom meeting of Bookham U3A

One of the advantages of Zoom meetings is that you get to see the names of everyone!

All those “healthy” adverts.....?!!

Do you, like me, think it must be our age
That makes us groan as turning page after page
We find magazines full of “kindly” advice
As how we can “improve” our way of life!
I think I’m really not alone
In being fed up and having a moan
About all the ads I read and see
Aimed at the person I thought was me!
It’s good to be interested in fashion and health,
But not to the exclusion of everything else
When there’s a risk of becoming obsessed
With this constant striving to look one’s best.

With mask-like faces and pouting lips,
These willowy women keep handing out tips
On what to eat? On what to wear?
Change the make-up? Change the hair?
Try to follow this fitness regime,
And don’t forget the vitamin cream.
Do they really have our well-being at heart?
Or is it a way of getting us to part
With money some can ill afford to spend,
And is it really “worth it”, in the end

With the constant need to advertise
Health and Beauty form part of our lives,
There’s pressure to follow the latest trends
And be up-to-date for family and friends.
You are what you eat and your clothes define
The image you present, in person, – or on line
But losing sight of your original self
Could cause stress and be bad for your health.
TV and articles state all you need to know
About your body, from head to toe,
But how do you check on this and that,
As to what is false and what is fact?
And when there’s a true picture, as that’s what you’re after,
Along comes a survey - and changes the data!!

Glance in the mirror, pause and reflect,
Has all the effort had the desired effect??
If not, one piece of advice may hold the key,
“Why not go for a walk?” – and do it for free!

Marion Kemp
November 2019