



Coronavirus Times
Edition 13
22 January 2021



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Message from Brackley Town Council passed on by Ian Nixon

Your Council urge everyone to please stay at home and help keep Brackley and surrounding local areas safe.

Message from your Committee

The Committee appreciate that some members may have already had their first jab and may think about resuming their activities by mid-February. Due to the current lock down, we have no choice but to continue with the suspension of all face-to-face activities, until such time as the Government and u3a Main Office decide to relax the rules governing meetings.

Keep well and safe.



Have you had your jab yet?

Brackley Medical Centre sent me a text on Thursday 7th January inviting me to book a slot for my first jab. I clicked on the link which took me to a page which asked me to confirm my date of birth. I was then offered three time slots and chose 15.30 on Friday 8th January. Arriving at BMC in Wellington Road 10 minutes early I had to queue outside the tent before being checked in by a lady with a tablet/iPad. Once inside there were 5 waiting stations to administer the jab. Another identity check was carried out using a computer and I received the injection which was painless.

They then gave me a leaflet entitled "Covid-19 vaccination – A guide for adults" and a 4-page leaflet entitled "Information for the recipient" and told to sit in a waiting area for 15 minutes. Interestingly the leaflet stated, "Read all of this leaflet carefully before you receive this vaccine because it contains important information for you" A bit late to read 4 pages after the jab!!

I was given a 'credit sized' card with my name and that I had received the Pfizer/Biontech vaccine, Batch No. and Date. The second appointment was not filled in.

After the waiting time I was free to leave. The whole process took one hour, and I haven't suffered any aftereffects yet!

Ian Nixon



2020 WAS A YEAR TO FORGET BUT OTHER THINGS HAPPENED, SOME MEMORABLE, SOME NOT. WHAT CAN YOU RECALL?

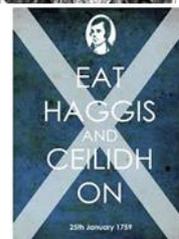
May the year ahead be brighter and happier for you all - Brian Starkey

- 1 Which James Bond film was delayed twice
- 2 Which country was devastated by bush fires
- 3 Name the pair who made up Strictly's same sex couple
- 4 Where were the Olympics supposed to be held
- 5 What day and time were the claps for the NHS
- 6 Whose statue was pulled down in Bristol by racial equality protestors
- 7 Who won I'm A Celebrity, Get Me Out Of Here
- 8 To whom was baby Wilfred Laurie Nicholas born
- 9 How much money did Sir Tom raise
- 10 Gillian Anderson played which former Prime Minister in "The Crown"
- 11 Who won the BBC Sports Personality of the Year
- 12 Which fitness coach gave the nation PE lessons during lockdown
- 13 Who nearly set fire to the kitchen on TV's this morning
- 14 What was the name of the TV show which saw celebrities perform while disguised as animals
- 15 Which Royal had a small intimate wedding
- 16 Which body part did Simon Cowell injure whilst riding an electric trail bike
- 17 Which 91 year old lady was the first to receive the Pfizer vaccine
- 18 Who said "we should take comfort while we have more still to endure, better days will return. We will be with our friends again. We will be with our families again. And we will meet again".

[Answers on the web](#)

10 Points to Ponder as 2020 draws to a close: (found by Ian Nixon)

1. The dumbest thing I ever bought was a 2020 planner.
2. 2019: Stay away from negative people. 2020: Stay away from positive people.
3. The world has turned upside down. Old folks are sneaking out of the house & their kids are yelling at them to stay indoors!
4. This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I came to my house & told my dog.... We had a good laugh.
5. Every few days try your jeans on just to make sure they fit. Pyjamas will have you believe all is well in the kingdom.
6. Does anyone know if we can take showers yet or should we just keep washing our hands?
7. I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are!
8. I need to practice social distancing from the refrigerator.
9. I hope the weather is good tomorrow for my trip to the Backyard. I'm getting tired of the Living Room.
10. Never in a million years could I have imagined I would go up to a bank teller with a mask on and ask for money.



NEW YEAR RESOLUTION

The nail biter by Pat Noble

I'd been a nail biter for as long as I could remember and every New Year, I resolved to stop doing it. Every single year I didn't get beyond the 2nd of January until the nibbling started again. My hands were a mess and I was ashamed of them, then, at the age of 14, I had a real reason to stop this horrible habit.

My horse-mad friends and I were in the tack room of the local riding school, cleaning saddles and bridles. We congregated there in the school holiday evenings and every weekend after helping all day with the riding lessons. (We were all horse-mad and I still am, even after a lifetime around them.)

The chatter was about the New Year dance, due to take place in three weeks' time.

"You're very quiet Pat, what's up" asked Sue.

"Well I won't be able to go to the dance because I don't have enough money for the ticket".

At that moment Mary, the owner of the stables, came in and the chatter went on, mostly about the horses but about the dance as well.

The next morning I was helping with mucking out the stables and Mary came over and said, "Pat, I wondered if you would be able to be my raffle ticket seller at the dance. It would be great if you could. Of course you would not need an entry ticket".

Then panic – what would I do about my finger nails. I was so ashamed of them that I was seriously worried about people looking at them as I went round with the raffle tickets. So, New Year Resolution mode kicked in.

In the next three weeks I did not do any nail biting, which was really quite difficult but I so wanted to look nice at the dance that I persevered. Three weeks later the night of the dance arrived and my nails had recovered enough for me to feel comfortable having people see them. I even wore nail polish for the first time.

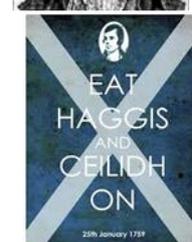
The raffle ticket selling took about 20 minutes and the rest of the night was spent rock 'n' rolling to a fantastic local band. (Well, I did live in Scouse land!)

I've never forgotten Mary's kindness in enabling me to get to the dance. And I never bit my nails again.

Simple Eco Resolutions to make from Silversurfers

12 Simple Eco Resolutions to make - Small steps can really make a difference

1. Switch your energy provider. So many companies now offer affordable, renewable gas and electric. Take the time to do a quick online comparison – you might even save some cash.
2. Start composting. There is a surprising amount of joy to be found in shredding egg boxes and chopping up banana skins. Your garden soil will thank you for it.
3. Buy bamboo socks. Or organic cotton T-shirts. Or jumpers made using recycled yarn. Or support fashion brands championing eco practices.
4. Refill your shampoo and conditioner. It makes you feel good, supports independent stores, and reduces plastic waste.
5. Swap don't shop. And hire pieces of kit – like lawnmowers and drills – where you can. So many community hubs now offer this kind of service, which helps reduce electrical waste.
6. Do your climate research. Education is vital if we're to change our ways. Read up on the environmental issues we face and share what you discover.
7. Commit to meat-free Mondays. Or go meat free multiple days a week. Flexitarianism is the future.
8. Cycle more. Walk more. Drive less. You know the drill.
9. Recycle better. Not sure whether your local recycling takes different types of plastics? Check. If they don't? Ask why. And find out where you can take it instead.
10. Feed the birds. With so many native species on the decline, supporting the birds in your garden, or on your balcony, with seeds and water, can really help boost numbers.
11. Build a hedgehog house. These struggling little guys need shelter, protection and a reliable food source, so set a little space aside for them.
12. Plant a tree. Or support a community tree-planting scheme. They provide habitat for wildlife, improve our air, and support soil and biodiversity. And they're majestic.





Keeping your brain active resolution

Scrabble on line

<https://scrabble-online.com/scrabble/scrabble-online/>

Jigsaw Puzzle swap

If anyone likes jigsaw puzzles and

would like to do a swap contact

Pam Lynch on email:

pamlynch9@hotmail.com



If your resolution is to be more active and try something different here are a few suggestions to try:-

Mr Motivator fitness with U3A

https://uk.video.search.yahoo.com/search/video;_ylt=AwrEzeJ5GKRfryEAj0Z2BQx.;_ylu=c2VjA3NIYXJjaAR2dGikAw--

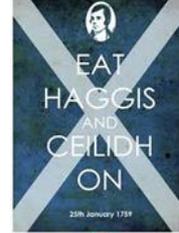
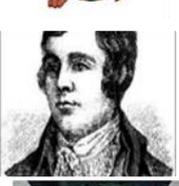
https://www.youtube.com/watch?v=uZXQuqPnp8g&feature=emb_rel_pause

Line Dancing for Seniors and Beginners

https://www.youtube.com/watch?v=uZXQuqPnp8g&feature=emb_rel_pause

ZHUZH UP THOSE DAILY WALKS... FROM SILVERSURFERS

1. Change direction. Reverse your usual loop. Roll a dice at every junction, and go left only if it's an even number. Or let the kids make a map and pick the route you take instead.
2. Mushroom spot. How many funghi can you find clinging onto tree stumps and felled branches, or hiding in the grass? Just don't eat them.
3. Count how many bird species you see. And keep a record, so you can compare on your next visit. Be it pigeons or parakeets, there'll be more breeds flying about than you'd probably think. And if you see a bird of prey, you win, hands down.
4. Invent elaborate back stories for strangers who always seem to be at the park at the same time as you. The guy who always carries his pug is clearly a wrestler; the lady only ever seen in sunglasses? Definitely a spy.
5. Create a really epic playlist. We're talking Rocky levels epic. So you can walk round the park like you're in the emotional montage scene in the movie of your life.
6. Listen to a different podcast for a change. Yes, prise yourself from your usual show and try picking something you'd never normally go for. If not now, when?!
7. Wear wellies and take to the mud. Splash in the puddles. It's guaranteed fun, whatever your age, and it'll make social distancing and skipping off the path easier too.
8. Test yourself on every dog species you pass. And fight the urge to adopt a puppy when you get home.
9. Insert bouts of stretching, or even a few sprints, as you walk. It'll keep you warm, up the fitness aspect, and wake up your brain.
10. Call someone you haven't spoken to in ages. Or just someone you'd normally text. Walking and talking is a genuine joy. And we really do mean a phone call. Don't be that person getting in everyone's way as they try to walk and FaceTime.
11. Take a Thermos and make it a sliver more exciting by doing a tea bag lucky dip. Or by adding a shot of something slightly stronger...
12. Wear your wackiest outfit. Full-on family fancy dress also welcome. It'll definitely bring joy to your fellow walkers.
13. Invent your own treasure hunt. Draw up a list of things to track down on your walk – like a feather, a puppy, a person in a red hat, a silver birch – and then tick them off as you hit the park.
14. Look up. How often do we trudge round on our walks, bundled up in coats, just watching the pavement with each step? Make it your mission to look up. Take in all that sky, and all those trees. You'll feel so much better for it.



**Ode to a Romantic Winter Break in the
Canarian Sun (updated Covid version) by
Susan Smith**

Days sunny and bright
Bring welcome respite
From the cold and grey
Of a wintry U.K.
With the sun on your face
It's the perfect place
To relax and unwind
To empty one's mind.
Book a Hotel "child-free"
Right next to the sea
Get a room with a view
Then choose what to do.
You can spend your days
Catching some rays
Workout in the Gym
Or go for a swim.
When you're fed up with that
Don a floppy sun-hat
Do a little light shopping
Have a day Island-hopping.
As the sun slips away
There's the evening buffet
You just cannot beat
An all-u-can-eat!
Then stroll hand in hand
Along by the sand
Ah, this is the life
To forget all your strife.
But when the Virus came
Hols weren't the same
Boris told the Nation
"Take a Staycation"
Now a vaccine's been found
Hope it's soon safe and sound
To return for some fun
In the Canarian sun.

Maths4Fun Question from Ken Smith

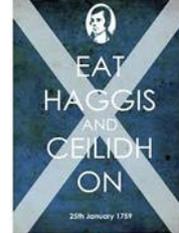
How often is a Leap Year ?
Hint .. it is not every 4 years.... so when is it?
[Answers on the web](#)

RSPB bird watch Friday 29th - Sunday 31st January

Get involved by recording your bird visitors. Enjoy an hour with nature and discover the wildlife on your doorstep

<https://www.rspb.org.uk/get-involved/activities/birdwatch/>

I've started playing with my food
(found by Ian Nixon)



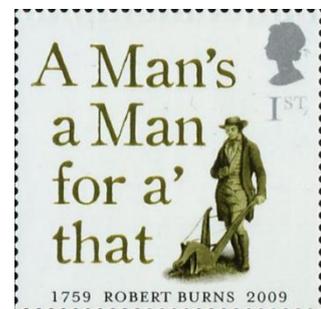


ABNATS WILDFLOWER QUIZ – CRYPTIC CLUES

1. Is it Egyptian? If not, it's a baby goat
2. Deceive hand warmer
3. Keeps his money safe while he minds his flock
4. Does this shellfish pop?
5. What you pay after building a skyscraper in a field
6. This unwanted plant needs a little sleep
7. Aquatic coin factory
8. Brewing beer during students' fun week?
9. This lets you know that a March animal is coming
10. Makes an untamed automobile decay
11. The conflict is royally coloured but needs tightening up
12. Pays money to release this one. Confused?
13. Cow, see this one making chains
14. Freeholder, someone has to buy from you before you can eat
15. Silently moving old spinning machine

Photos of the Flowers are on the web with the Answers.

Borrowed from the Abingdon Naturalists Society (ABNATS), thanks to Michael Turner



Joke Titles and Authors from Margaret Hutchings

- Did he do it by Betty Did
- Spare Pants by Justin Case
- Big Book of Broths by Sue Playdel
- Broke by Linda Stenna
- Notes on Hamlet by Toby O'Nottesby
- Regency Homes by George and Archie Tecture
- Tepid by Lukewarm
- Eden by Jenny Siss
- Extinct Reptiles by Dinah Saw
- Over the Cliff by Hugo First
- Carpets by Walter Wall
- Getting Away with it by Robyn Banks
- Suspense by Cliff Hanger
- Bacteria by Mike Robe
- Open and Closed by Dora Jarre
- The Secret by Chantelle A. Soul
- Are you Sure by Shirley Knitt
- Where to buy Cheese by Francis Goode
- Undertaking by Paul Bearer

Epitaph on my own Friend

An honest man here lies at rest,
 As e'er God with His image blest:
 The friend of man, the friend of truth;
 The friend of age, and guide of youth:
 Few hearts like his, with virtue warm'd,
 Few heads with knowledge so inform'd:
 If there's another world, he lives in bliss;
 If there is none, he made the best of this.

Robert Burns

The Selkirk Grace

Some hae meat and canna eat, -- And
 some wad eat that want it;
 But we hae meat, and we can eat, Sae
 let the Lord be thankit.

Robbie Burns

Robert Burns 25 January 1759 - 27 July 1796. He died on the day his last child Maxwell was born.

Known in medieval Celtic culture as a story teller, verse maker and composer, the word 'Bard' has become synonymous with the world's greatest poets. However, few are as celebrated as Scotland's own 'National Bard', Robert Burns, who we pay tribute to on 25 January each year.



Burns Night courtesy of The Upper Thames Centre of the Caravan Club

We have attended several Burns Night evenings in the past with at Burford School. It was never a serious affair, but all the same best of our ability with what we had. So, what did we have? We no puff so the pipes were played for him, but it was never coordi- the piper would stop and the music carry on, always causing a lot



our Caravan Club we did it to the had a Piper with nated. Normally of laughs.

The haggis was brought into the room seated, with a tot of whiskey given to arrived at its destination. One guy car- like tots of whisky but were in fact toasting one after another! Half way staggering, which gave a lot of people who were organising the event had no idea what was going on, this all ended with side splitting laughter.



and paraded around all the people who were each person to toast the haggis when it finally rying the "tot" tray had a lot of what looked small glasses of iced tea which he was down the second row of tables he started cause for concern, even the three couples who were organising the event had no idea what was going on, this all ended with side splitting laughter.

When the haggis arrived at its final destination diners. The person who paraded the haggis large silver knife over the haggis waiting for the toasting the haggis. At the appropriate mo- and split open, spilling its entrails.



it was placed on the table facing the then stood in front of it holding a toast master to give the Selkirk Grace ment the poor haggis was stabbed



After the meal (haggis, neeps and tatties) the laddies would toast the lassies. I can't put a full toast in as it would take up 4 or 5 pages so here's a little example of what might be in a lads toast

When I sat down to write this speech, I couldn't help thinking about how different lads and lassies really are, and not just in all those interesting and rather obvious ways. Take personal grooming, for instance. The average bachelor bathroom contains six items – a toothbrush with rather too few bristles, a tube of toothpaste – squeezed from the middle, naturally – a razor, some shaving crème, a grimy bit of soap and an old grey towel. The lassies – 497 items on average, 492 of which the average man cannot even name, let alone guess what they're used for. And to wind the toast up. So I think we can safely conclude that 'the lassies' today are just as difficult for us men to understand as ever they were for Burns – and every bit as lovely! Gentlemen, will you please rise and join me in a toast; to the lassies. Now sit down and hope the 'lassie' who replies is going to be kind! .

The Lassies Reply may be something like



Ladies - I received a chain letter recently, but unlike most chain letters, this one, despite being postmarked Auchtermuchty did not cost anything. It read "This letter was started by a woman like yourself in the hope of bringing relief to other tired and discontented women. Just bundle up your husband or boyfriend and send him to the woman whose name appears at the top of the list. Then add your name to the bottom of the list and send a copy of this letter to five of your friends who are equally tired and discontented. When your name comes to the top of the list, you will receive 3,125 men – and some of them are bound to be better than the one you gave up...."

There are three rings in marriage. The engagement ring, wedding ring, and suffering.

Lassies, please seize ye'r drinks and raise ye'r glasses I propose a toast; here's tae the laddies, we love you really!

Alison Simmonds All pictures are from photos taken at one of our many Burns evenings.

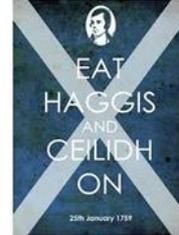
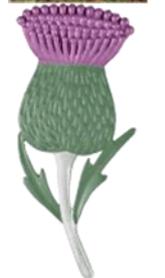
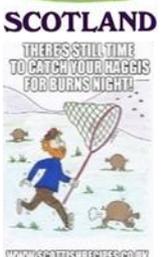
Stay Safe and Carry On (found by Mike Kirkham)

<https://www.youtube.com/watch?v=0ctZPNppUt4>

Auld Lang Syne



YEAR SONG - LYRICS (ROBERT BURNS POEM)





Can you work out these statements phrases and sayings based on there Initials

Eg. 6P on a ST
= 6Pockets on a Snooker Table

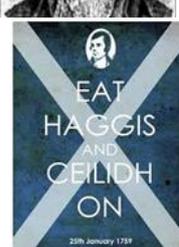
1. 7 C of the R
2. 10 G B (H on a W)
3. 80 D A the W
4. 90D in a R A
5. 54 C in a P (with J)
6. 7 W of the W
7. 3M in a B
8. S W and the 7 D
9. 8 L on a S
10. 4 H of the A
11. 1 W on a U
12. 12 K of the RT
13. 2468 W D W A
14. 200 P for P G in M
15. 64 S on a C B
16. 29 D in F in a L Y
17. 13 in a B D
18. 15 M on a D M C
19. 18 H on a G C
20. 3 B M (S H T R)

[Answers on the web](#)



Royal Mail

The Royal Mail's first special stamps issue for 2021 commemorates the 70th anniversary of the opening of the first of the UK's 15 National Parks.



Mirthy.

Mirthy talk Thursday 18th February 2021 at 10 o'clock. Lasting approximately 40 minutes. The talks are very much like when we have a speaker at our monthly meetings.

Mad as a Hatter – Origins and Meanings of Sayings By Sandy Leong

Some people could say that the speaker is as made as a hatter because she is fascinated by the origins of the saying we use in everyday conversation. There are more sayings than you can shake a stick at. For any doubting Thomas out there, she will let the cat out of the bag and pull out all the stops to entertain you with stories of how the sayings we use all the time came about.

Spot the 10 differences in the bottom photo

Answers on the web



Haggis Hunting



SCOTLAND

THERE'S STILL TIME TO CATCH YOUR HAGGIS FOR BURNS NIGHT!



WWW.SCOTTISHRECIPES.CO.UK





Remember those wild parties we used to go to in the 60s

Remember them I've still got the Tupperware



U3A RADIO PODCAST
January's episode of u3a radio podcast is out now Interviews on music and food in the latest u3a radio podcast episode, available to listen now on our YouTube channel
<https://www.youtube.com/user/TheU3a>
u3a Radio Podcast - episode 4 out now

Please support the February Coronavirus Times with items for others to enjoy. We have the Winter, Chinese New Year, Shrove Tuesday and St Valentines Day to celebrate, tell others your memories. Or may be you would like to send a Valentine, that special message only your chosen one will smile and remember.

Our deadline for the next edition is Friday 19th February. We would love to hear from you.

All items sent will be considered. Please send to newsitems.brackleyu3a@gmail.com. Many thanks. Please continue to take care. Editors

We apologise for any errors or omissions you may find in this Newsletter.

