



Coronavirus Times
Edition 18
30 August 2021

A day that changed the world

To the Memory of September 11th 2001

It's the anniversary of that fateful day,
The memory of which has never faded away.
Like the poignant words of Alan Jackson's song,
Where were *You* when it all went wrong?

The world was taken totally by surprise,
When murderous planes hurtled through the skies,
Collapsing towers disappearing from sight,
Made people gasp and scream with fright.

They had to run, scatter here and there,
To escape the dust engulfing the air.
Lives changed forever, and may even have been
The beginning of the end of The American Dream.

Now, twenty years on, the images are still clear,
As if it had happened only last year.
Whether it be 9/11 or 11/9,
The memory of That day will remain for all time.

Susan Smith

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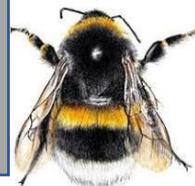
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It has come to an end



EURO2021

ENGLAND



WINNERS



AGM Thursday 16th September 2021 at 10.00 a.m. In the Methodist Church Brackley.

AGM followed by Ken Smith talking
about his "Climb of Kilimanjaro".



Dear Member, we would love to see as many as possible at our AGM. However, if you are experiencing any signs of a cold, cough or temperature we ask you to refrain from attending.

We NEED new members to join the Committee to keep your u3a going. To give you an insight of what each role on the Committee involves, go into the link below where you will find all the information you need.

<https://u3asites.org.uk/files/b/brackley/docs/descriptionsofcommitteeroles-final.pdf> Friday 3rd September 2021 is the deadline for nominations

<https://u3asites.org.uk/files/b/brackley/docs/2021brackleyu3anominationform.pdf> for Committee roles. Nomination forms should be sent to Mrs Karen Gees, Membership Secretary, Brackley & District u3a, 2 Steane View, Brackley, NN13 7AF. (Please ensure the member you are nominating has given their consent.)

Thank you for your consideration of other Members.

Ways to Protect yourself and others

Go get the jabs if you haven't already had them, wear a mask, do regular lateral flow tests that may be ordered from www.gov.uk and search Order Lateral Flow Tests. It is recommended to take two tests a week and the recent tests only require a nose swab not the throat and take about 20 minutes to complete.

Ways to prove your Covid Status

Now that we are able to get out and about there may be a need to prove your Covid Status. The email or text message you get from reporting the lateral flow test results above may be used to prove your status if it has been done within 48 hours of your outing/event. A letter proving your Covid Status may be requested from the NHS by calling 119 but takes about 14 days. A Covid Pass proving Natural Immunity or Full Vaccination can be obtained through the NHS app or by going onto the NHS website, it is delivered quickly but takes about 30 minutes to go through the process. The proof either by letter or Covid Pass is valid for 30 days. Travelling for holidays may have more specific requirements.

NHS

<https://www.nhs.uk/conditions/coronavirus-covid-19/covid-pass/get-your-covid-pass-letter>

NHS App: This gives you access to your Covid 19 records. So on your phone you have proof for "events" and "travel" albeit that you have to refresh this proof every 30 days.



TOKYO OLYMPICS

- 1 Which countries were the top 5 in the medals table
- 2 How many medals did team GB win 63 65 or 67
- 3 In swimming which American won 5 gold medals
- 4 The Olympic medals were made from re-cycled what
- 5 When were the Olympics last held in Tokyo
- 6 The youngest participant was Hend Zara a table tennis player, from which middle eastern country
- 7 With a total of 6 medals which equestrian rider became GB's most decorated female rider
- 8 He defended his Rio title with gold in the pommel horse name him
- 9 Jason Kenny makes history by winning his 7th Olympic medal, in what event in Tokyo did he achieve this record
- 10 And finally – can you put a name to the Tokyo Olympics mascot

By Brian Starkey

Answers on the web



PLAY-CRICKET		SERIES BATTING HONOURS BOARD	
2018-19 (1st May 2018)			
1	100	1	100
2	90	2	90
3	80	3	80
4	70	4	70
5	60	5	60
6	50	6	50
7	40	7	40
8	30	8	30
9	20	9	20
10	10	10	10



True facts: (Found by Ian Nixon)

1. In the 1400s a law was set forth in England that a man was allowed to beat his wife with a stick no thicker than his thumb. Hence we have 'the rule of thumb.'
2. Many years ago in Scotland, a new game was invented. It was ruled 'Gentlemen Only...Ladies Forbidden'... and thus the word GOLF entered the English language.
3. Each king in a deck of playing cards represents a great king from history: Spades - King David, Hearts – Charlemagne Clubs -Alexander the Great, Diamonds - Julius Caesar
4. In Shakespeare's time, mattresses were secured on bed frames by ropes. When you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. Hence the phrase..... 'goodnight, sleep tight.'
5. It was the accepted practice in Babylon 4,000 years ago that for a month after the wedding, the bride's father would supply his son-in-law with all the mead he could drink. Mead is a honey beer and because their calendar was lunar based, this period was called the honey month, which we know today as the honeymoon.

Well, did you know that?



<https://www.youtube.com/watch?v=MOFmEEek6o>

To Make You Feel My Love by Claire Wright

Spot the 10 differences in picture of Team GB hockey below

Answers on the web



Have you ever realised that a woman's "I'll be ready in five minutes" and a man's "I'll be home in five minutes" are exactly the same?



Maths4Fun Question :-

An athlete completes a 3 mile track event where he:-

Walks the 1st mile

Runs the 2nd mile and he Runs twice as fast as he walks

Cycles the 3rd mile and he Cycles one and half times as fast as he runs

He takes 10 minutes longer than if he had cycled all the way.

So How fast does he walk?

Form Ken Smith Answer on the web

Bees breathe through 10 spiracles on the sides of their body, have hairs on their 5 eyes and can carry their own weight in nectar and pollen?

Bees are completely fascinating and there is so much to learn!

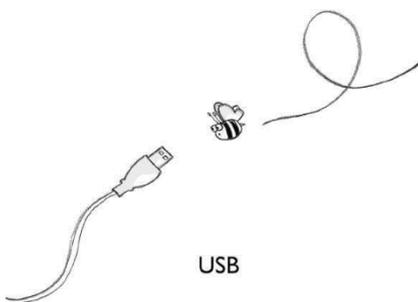
When you take up beekeeping, you become the custodian to around 40,000 precious little insects who, if treated with care and respect, may give you the reward of delicious honey for your efforts.

But it's important that you learn enough to ensure your bees will be well cared for.

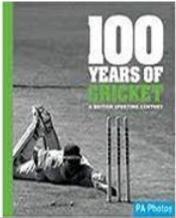


https://beeinventiveptyltdfl.apms5.com/anywhere/m?s=beeinventiveptyltdfl&m=s_14aa72b3-c367-4c66-85e5-a4ec7abbc549&u=e1jq4wvfdtfmcea475232h9r5mr4ae265mu46da35mw38dj45mwm8ca160tkedtr6rtka&r2=d1u78w3k78qjyxvqewq78u35c9jpauv5c9r6awhedxt6ebtzenu6uqvkdxdx4rv57ngq0qv3c5pq0rb9cxq2cxbmdnfputb4d5upufb5dngpjv16enu6uqv3c5pq0rb9cxq3uchg68rjuyb5c5t6ry9dchmq6rvfenq789knehpnyrvfdu6avkm7n2k6&n=2

What do you call a bee that comes from America?



USB



A Summer of Sport from Janet Whitby

You might ask if I like watching sport on tv and my answer would previously have been “some of it” but in this strange time of the pandemic and either indifferent weather or too much heat I’ve been glued to most of the major events this summer.

I first became aware of this extra enthusiasm when Wimbledon was on with Andy Murray getting me on the edge of my seat urging him not to surrender to his a) nerves b) frustration c) his injuries and d) his opponent. This is not unusual with him of course but his return to fitness at just the right time when we in the UK had experienced such a difficult time meant that I believed he “was meant to be” a UK champion (I can hear all the Scots shouting at me!). The added enthusiasm endured through matches with Cameron Norrie, Emma Raducanu, Katie Boulter, Gordon Reid, Alfie Hewett and Jordanne Whaley.

I like some football and found myself watching most of the group stages of the Euros when Wales, Scotland or England were playing, not daring to believe that any would get through to the final rounds. I constantly find myself wondering how good could a UK team be? The answer might be that old rivalries would bubble over and the team would be fouling each other rather than the opposition. As a nation we began to believe when Wales and England were through to the knockout stages and then eventually with England through to the final. I do have some questions though; is there a rule I don’t know about that says Harry Kane can’t tackle anyone for the ball and can only play when it comes directly to his feet/head? Why do the back three players just kick the ball to each other for long periods of the game and do not attempt to play it towards the goal? Why do the team always seem to rest on their laurels when they are a goal up? Why don’t they play to win in the 90 minutes rather than having to do extra time and worse still penalties? Having said that I do think there were stand out performances by Luke Shaw, Calvin Phillips, Kieran Trippier and Declan Rice who seem to be able to run from the back to the goal, and even some mention of Harry Maguire doing the same, although I’m not sure how he manages not to get sent off every match! I wasn’t disappointed by the final result because they had done so well in giving us some belief and Gareth Southgate definitely deserves a Knighthood.

At about the same time the British Open Golf was on and I admit I managed to watch some of that without falling asleep! It’s not really a good spectator sport in my opinion, although it’s better now the technology can show where the ball is going from the tee shot instead of viewing an apparently blank sky in the hope of seeing something.

Then we were on to the main event, the Olympics! Did I think they should go ahead risking a wider spread of the virus to the Japanese people and competitors? No! Did I think it went ahead only because of the financial loss that the Japanese and the IOC would incur? Yes! . did it prove to be fantastic? Absolutely!

I’ve always liked the Olympics because you get to see bite sized chunks of sports not normally aired on tv. I enjoyed the Taekwondo, although I don’t understand why our GB (and Northern Ireland, why isn’t that just UK?) competitors seemed to all lose in the last five seconds. The rugby sevens were great with the edge going to the Women’s game, I thought. Street Basketball, who knew that was a thing? I liked the swimming, diving, beach volleyball, canoe slalom, gymnastics and the athletics. There seemed to be a lot of boxing on at breakfast time and some of those fights were a bit difficult to stomach at that time. I have another question, why do the women boxers wear head guards and the men don’t? This then leads to wider questions about the attire required for some of the sports particularly women’s diving and beach volleyball against the men’s sport? I don’t want the male divers to wear anything skimpier but in beach volleyball the men wear shorts! Surely some equality of dress code is required with edging towards more cloth rather than less?





Now if any of you have questions about the cycling, I am an expert. The Omnium, The Madison, the Keirin, the derny bike, which seems to have been upgraded now from what used to be a polluting moped to an electric bike, I feel sure I can answer them all except the one about the rules when someone causes another rider to crash.

Overall, it was brilliant, some of our main hopes for medals didn't succeed but given the circumstances all the competitors did amazingly and the GB and Northern Ireland team were beyond my expectations

There was also the new format in cricket that started during the summer after the sometimes wonderful and sometimes awful performances in the test and twenty-twenty games. The Hundred is a better spectator sport and as soon as I can identify the teams and understand the rules it will be great. As I write this, I can't wait for the Paralympics to start, I will probably have more questions but more joy as well, bring it on!



Our Quiz Is All About Fruit and Veg

GOOD LUCK

- 1 Which vegetable makes your eyes water when it is peeled
- 2 Which fruit has its seeds on the outside
- 3 Where did tomatoes originate from
- 4 Which region in the world produces the most apples
- 5 The French call it Pamplemousse, what do we call it
- 6 Which vegetable can be sweet or bitter
- 7 What is the largest vegetable
- 8 Which fruit tree is sacred in India
- 9 Name a vegetable that is rich in vitamin A
- 10 How are pineapples grown
- 11 Name the only fruit or vegetable that is never sold frozen- canned-processed or in any other form except fresh
- 12 Which fruits also called "Indian Apples" were brought to Europe by Alexander The Great's warriors
- 13 Name the 2 vegetables that can live to produce on their own for several growing seasons
- 14 In which year did plants begin to be classified into fruit and vegetables, was it 1705 1706 - 1707
- 15 How long was the longest apple peel, recorded in the Guinness Book of Records

From Brian Starkey Answers on the web



The Mayor Invites You

to a Coffee Morning in the Upper Town Hall

Friday 3rd September (10.30 - 12.00) £2.50

For a cuppa and a cake

Raffle Prizes to be won and all proceeds to the Mayor's Charities.

Silverstone Golf Club Luncheon

The luncheon is booked for Wednesday 10th November 2021

12.30 pm dine 1.00 pm for a luncheon. (£22.00 each,

Please let Karen Gees know if you are interested

in attending this event.

memsec.brackleyu3a@gmail.com

Monthly Meeting 21st October

Thursday 21st October at 10.00 a.m. in the Methodist Church, Brackley

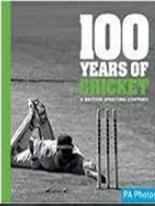
Russia and Vladimir Putin by Andrew Baker

Andrew Baker taught in Grammar Schools for over 40 years and is the author of a best-selling book on Contemporary British Politics. Drawing on his experience of over 22 years as Headmaster of Westcliff High School for Boys, he recently published a further volume on Education and the Pursuit of Values: A Headmaster's Reflections. He now works as a freelance lecturer and as an Education Consultant.

Tea rota for monthly meetings - As they say

"The More the Merrier"

Thank you to those who have offered to help with refreshments at our monthly meetings. If you are able to add your name to this task your help would be very welcome. Please let Karen Gees know memsec.brackleyu3a@gmail.com.



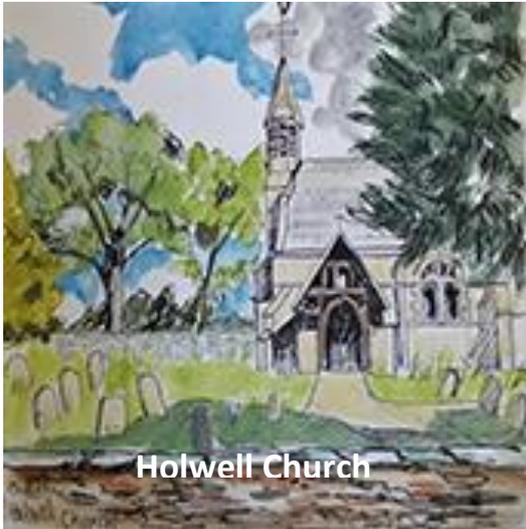
PLAY-CRICKET	
15 ADULT BATTING HONOURS BOARD	
The Year - 2019/20	
1. Chris Green	114
2. Michael Lawrence	117
3. James Smith	118
4. Paul Brown	120
5. James Smith	121
6. James Smith	122
7. James Smith	123
8. James Smith	124
9. James Smith	125
10. James Smith	126
11. James Smith	127
12. James Smith	128
13. James Smith	129
14. James Smith	130
15. James Smith	131
16. James Smith	132
17. James Smith	133
18. James Smith	134
19. James Smith	135
20. James Smith	136
21. James Smith	137
22. James Smith	138
23. James Smith	139
24. James Smith	140
25. James Smith	141
26. James Smith	142
27. James Smith	143
28. James Smith	144
29. James Smith	145
30. James Smith	146
31. James Smith	147
32. James Smith	148
33. James Smith	149
34. James Smith	150



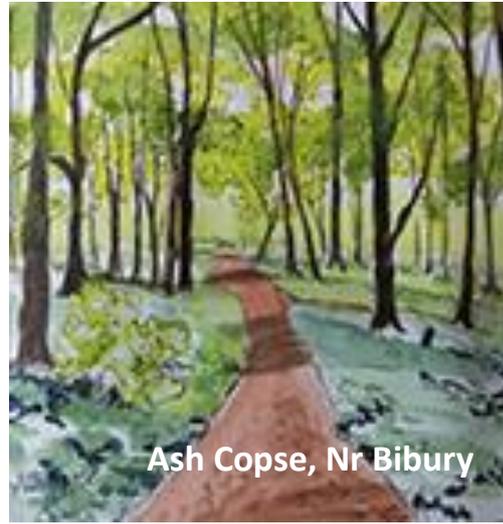
Ruth Harris and friends are walking The Palladian Way (125 miles from Buckingham to Bath) raising money for Parkinson's UK. If you would like to know more about the walk please let her know.

ruthcharris@btinternet.com

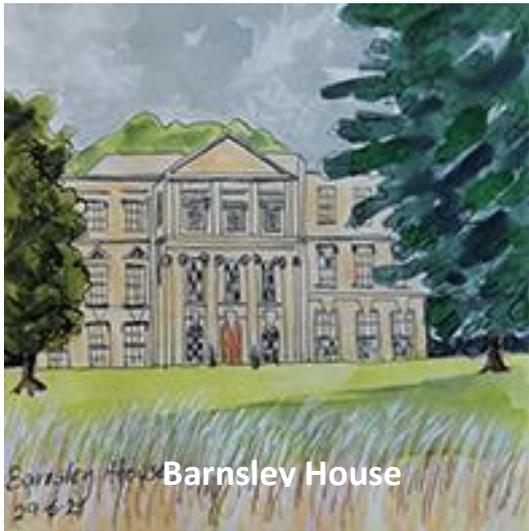
www.justgiving.com/fundraising/ruth-harris6



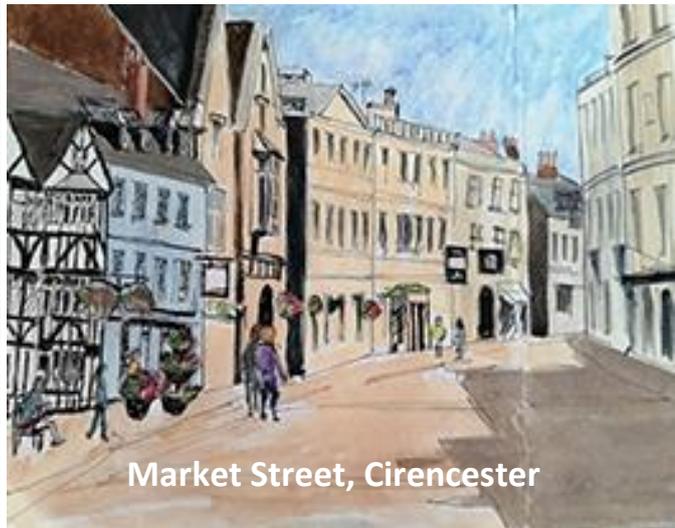
Holwell Church



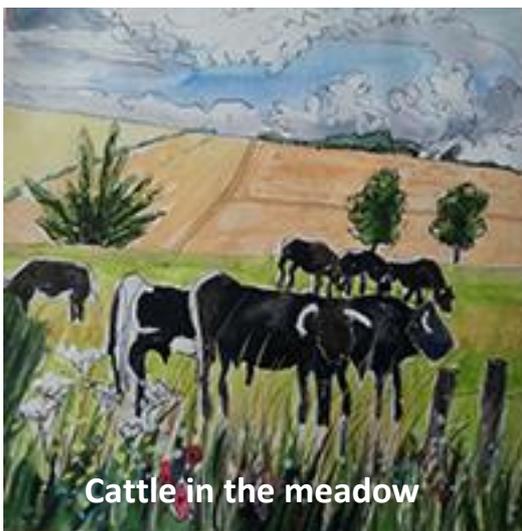
Ash Copse, Nr Bibury



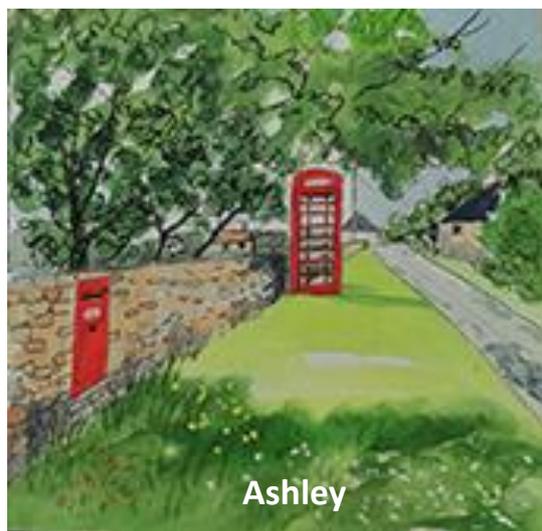
Barnsley House



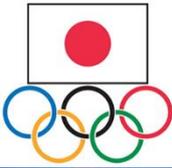
Market Street, Cirencester



Cattle in the meadow



Ashley





Sound Advice (found by Ian Nixon)

Many of us are between 65 and death, i.e. old.

1. It's time to use the money you saved up. Use it and enjoy it. Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard-earned capital. Warning: This is also a bad time for investments, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

2. Stop worrying about the financial situation of your children and grandchildren, and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

3. Keep a healthy life, without great physical effort. Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

4. Always buy the best, most beautiful items for your significant other. The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

5. Don't stress over the little things. Like paying a little extra on price quotes. You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

6. Regardless of age, always keep love alive. Love your partner, love life, love your family, love your neighbour and remember: "A man is not old as long as he has intelligence and affection."

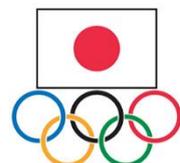
7. Be proud, both inside and out. Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

8. Don't lose sight of fashion trends for your age, but keep your own sense of style. There's nothing worse than an older person trying to wear the current fashion among youngsters. You've developed your own sense of what looks good on you – keep it and be proud of it. It's part of who you are.

9. ALWAYS stay up-to-date. Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

10. Respect the younger generation and their opinions. They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

11. Never use the phrase: "In my time." Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.



12. Some people embrace their golden years, while others become bitter and surly. Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

13. Do not surrender to the temptation of living with your children or grandchildren (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

14. Don't abandon your hobbies. If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer or just collect certain items. Find something you like and spend some real time having fun with it.

15. Even if you don't feel like it, try to accept invitations. Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

16. Be a conversationalist. Talk less and listen more. Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticise too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

17. Pain and discomfort go hand in hand with getting older. Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimise them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

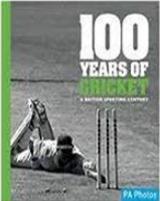
18. If you've been offended by someone – forgive them. If you've offended someone - apologise. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "Holding a grudge is like taking poison and expecting the other person to die." Don't take that poison. Forgive, forget and move on with your life.

19. If you have a strong belief, savour it. But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

20. Laugh. Laugh A LOT. Laugh at everything. Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So, what's not to laugh about? Find the humour in your situation.

21. Take no notice of what others say about you and even less notice of what they might be thinking. They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

REMEMBER: "Life is too short to drink bad wine and warm beer."



PLAY-CRICKET	
HIGHEST BATTING BONUSES BOARD	
Player	Score
Chris Gayle	150
Virat Kohli	149
AB de Villiers	148
David Warner	147
Shane Watson	146
Ben Stokes	145
Joe Root	144
Jonny Bairstow	143
Keaton Jennings	142
Michael Hussey	141
David Miller	140
Chris Martin	139
Glenn Maxwell	138
Adam Gilchrist	137
Shane Watson	136
David Warner	135
Ben Stokes	134
Joe Root	133
Jonny Bairstow	132
Keaton Jennings	131
Michael Hussey	130
David Miller	129
Chris Martin	128
Glenn Maxwell	127
Adam Gilchrist	126
Shane Watson	125
David Warner	124
Ben Stokes	123
Joe Root	122
Jonny Bairstow	121
Keaton Jennings	120
Michael Hussey	119
David Miller	118
Chris Martin	117
Glenn Maxwell	116
Adam Gilchrist	115
Shane Watson	114
David Warner	113
Ben Stokes	112
Joe Root	111
Jonny Bairstow	110
Keaton Jennings	109
Michael Hussey	108
David Miller	107
Chris Martin	106
Glenn Maxwell	105
Adam Gilchrist	104
Shane Watson	103
David Warner	102
Ben Stokes	101
Joe Root	100





Dandelions

Do you know?

There are more than 220 species of dandelion in the UK. Even the most accomplished botanist finds them hard to tell apart.

They are apomictic, meaning they grow from the seed without the need for self pollination. I'm sure you all remember blowing the seed heads, "clocks", to tell the time as a youngster.

The use of dandelions for medicinal purposes dates back to the ancient Egyptians, Greeks and Romans and also features in traditional Chinese medicine.

In war time the dandelion was used for a cheap coffee substitute although no one seems to have liked it.

In French the plant is called la dent-de-lion, lion's teeth, and the ragged petals certainly have that appearance.

They are very hard/impossible to remove from your garden, just think about the days when the seeds can be seen blowing in the breeze, collecting in the washing line or fence but bees and butterflies love them so perhaps learning to love their cheerful flowers would help the planet in some small way.

From Dave Hall



The Coronavirus Times has come to an end as this is the last edition, we feel that as life is returning to some sort of normality a change is needed.

We are going to produce a quarterly newsletter instead, we will still need your support and your input, we would like to thank all of you who have contributed over the last 18 months.

So if you would be so kind as to send us any news, trivia funnies, Quizzes and most importantly any gossip by Friday 3 December it would be very much appreciated.

Please send to newsitems.brackleyu3a@gmail.com

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

