

CALDICOT & DISTRICT



Newsletter August 2020

www.u3asites.org.uk/caldicot/home

Reg Charity No. 1071447

CHAIRMAN'S LETTER

Hello everyone

I hope you are all keeping safe and well during this testing time. At last some of the restrictions are being lifted and we are able to see our loved ones.

This year has been a hard time for lots of people but our U3A committee and Convenors have still managed to keep things and people connected. It is with this in mind that I have come to the decision to resign as Chairperson as of now. "Ah" I hear you say "she has said this on numerous occasions and still remains in that position." Well my friends this time she means it. Your Committee held a meeting this week (safe distancing) and I put my resignation in then. It would have happened had we been able to hold our AGM in September but as this is not going to happen, I approached Rob Harry, my Vice Chair and he agreed to take over immediately. Rob has been standing in for me whilst I was away for a month, February/March, and has shown he is more than capable of taking over and I would like to thank him for doing such a wonderful job.

I will remain a member of the U3A, you don't get rid of me that easy, but I think you deserve someone younger now and one who is prepared to progress with all the new rules and regulations that seem to be thrown at us from The Third Age Trust and other governing bodies. I have thoroughly enjoyed every minute of being your Chairperson over the ten years I have served (two small breaks in between) and I have met so many interesting people in that time. You have all contributed to my enjoyment of being Chair so thank you. I have had many different people on my Committee during those ten years and each and everyone I consider to be a friend we have had ups and downs but each meeting has always ended on a good and friendly note. All those people, and you know who you are, I thank you for your hard work and loyalty in keeping Caldicot and District U3A the most friendly and social group ever.

I sincerely hope that all you members will return to your various groups as and when things return to the new normal. As long as people abide by the information given to us in order to stay clear of Coronavirus then I am sure we will recover and be as strong as ever. We need to do this as there are many people already within the U3A but there are many who no doubt will be looking to join such a wonderful organisation when they are able. There are many people out there that don't know about the U3A so it is up to all of us to bring it to their attention in order for it to carry on to the next generation.

So my friends this is actually the last Chair's letter I have had to put together then it's over to you Rob. I emphasize I Am Not Leaving the U3A and will continue with holidays, drama and the like as and when I am able. So thank you all for your previous support, friendship and putting up with my poor jokes! Hope to see you in the near future.

Best Wishes xx
Pamela Caines

TREASURER'S CORNER

Whilst very few of this year's annual subscriptions have been as yet, paid by members it is expected that these will be forthcoming when we resume our meetings and activity groups. Consider that we are obliged to contribute £3.50 per head to the Third Age Trust for membership and a further £3.10 per household receiving TAM, the periodical, you will appreciate we are running on a shoestring as it is. This year's fees have already been paid, by the Committee to the Trust from our reserves which we need to recover to maintain a healthy financial position.

Tony Hodson-Hirst
Treasurer

COPY FOR THE NEWSLETTER

We welcome reports from all groups for inclusion in the Newsletter or forwarding to our website. Word doc is preferred and should be sent to:

leechpool@talktalk.net or tel. 01291 424997 by midday on the 28th AUGUST 2020

Typed or handwritten notes should be submitted a few days earlier if possible. Please try to limit reports to about 300 words. Angela Hodson-Hirst, Editor.

MEMBERSHIP

Should you change your address, telephone number or email address please let me know so that our records are up to date. Contact details: tel: 01291 424997 email: leechpool@talktalk.net

Angela Hodson-Hirst
Membership Secretary

LINK SECRETARY

I would ask that if you hear of any member(s) who reach their 80th, 90th, 100th birthdays, Golden, Diamond, Platinum Wedding Anniversaries or even Marriages between members to please contact me so that I can send a Congratulatory card.

Also, if you hear of any member, in your group, or their family who are in hospital, sick or any other reason I would be grateful if you would please inform me. bettybun55@gmail.com

Tel: 01291 421484

Betty Waite

THANK YOU

Many thanks to those members who have made an effort to send in articles for the Newsletters without contributions it wouldn't exist so please keep them coming.

If you have come across anything that is of interest to you, seen or done, many of our members would love to know.

Please let me have any articles for future editions of our Newsletter and of course any photos too

You should all know my email by now!

Angela Hodson-Hirst
Newsletter Editor.... leechpool@talktalk.net

CALDICOT AND DISTRICT U3A

COMMITTEE NEWS

The committee met on Thursday in an outdoor setting and socially distanced. The Committee wishes to keep all members informed of the decisions made and therefore will place in the newsletter each month a brief Committee News article.

AGM/Committee Roles

Because of the pandemic situation we have decided to postpone our AGM until January of 2021. This follows the Constitution which is available to all Members to read on our website. However, there have been some changes to the roles of Committee Members.

- Pamela Caines has decided to step down as Chairman with immediate effect and this role will now be filled by Rob Harry
- The role of Vice Chair will be taken by Linda Stewart who will also keep her present role of Business Secretary. All other roles will be as before

Financial

We have been requested by The National offices of U3A to submit the yearly subscriptions. This has been done using funds that we already had but has resulted in depleting our funds.

- Many of you may not know that from the £10 subscription fee we collect from each member £3.50 per member is sent to the National Office to cover their running costs.
- £3.10 is sent for each Member who receives the TAM magazine.
- This leaves Caldicot and District with only £3.40 per member to cover our expenses, e.g. Monthly Choir Hall hire, 25th Anniversary Celebrations, Open Day, Christmas Party etc.
- We have purchased Copyright Licences.
- We have given a loan to the Short Mat Bowls team to purchase more equipment.
- We estimate the planned 25th Anniversary Celebrations, which will still take place, will cost £2,000.

The Committee has decided therefore that our annual subscription of £10 will need to be collected in order to ensure that our U3A can re-start as soon as it's possible to do so.

Re-Start

We have put a re-start plan together and in order to implement this safely and according to Government and National U3A guidelines:

- We will be contacting representatives of all venues used by our interest groups.
- We will hold a series of meetings with convenors, grouped according to venue used, as soon as possible.

There are many steps that have to be put in place before Interest Groups can meet to ensure the health and safety of each Member and that our insurance is not negated.

We will relay information to you on a regular basis.

The only thing we can be certain of is “uncertainty.”

Caldicot and District U3A Trustees

CONDOLENCES

KATH BARNETT

It is with sadness that we feel the loss of our dear friend and faithful member, Kath Barnett. Kath was always knitting, even on a coach while she was travelling!! She was always willing to help out, no matter what the task was, whether it be tea making, knitting, or completing the membership register. She said she counted it as a privilege to be asked, what a lovely attitude to take! She will be dearly missed by all of us in our Handicraft group.

Beryl Lewis

JOHN POSTILL

We also send our deepest condolences to Pam Postill and family on hearing the sad news that John has passed away.

GET WELL

Get well messages have been sent to:-

Jackie Hicks
Sheila Ford
Rob Taylor-Heard
Barbara Harrison
Pat Burrin

We wish them all a speedy recovery

CONGRATULATIONS

Congratulations to Brian and Marian Adams who celebrated their Diamond Wedding Anniversary in July and to Brian and Dianne Cox who celebrate their Golden Wedding Anniversary this month

WELSH GOVERNMENT LATEST ON COVID-19

TOPICS:

- **Extended households**
- **Seeing people outside your extended household**
- **Visiting places**
- **Restaurants, cafes and pubs**
- **Entertainment**
- **Travelling and public transport**
- **Shopping and food**
- **Close contact services**
- **Sport and outdoor activity**
- **Moving home**
- **Places of worship, marriages and civil partnerships, cemeteries and funerals**
- **Obligations on businesses and owners of premises**
- **Enforcement and fines**

<https://gov.wales/coronavirus-regulations-guidance#section-39235>

THIRD AGE TRUST ANNOUNCEMENT FOR WALES

From the 6th July further relaxations of rules MEANT THAT PEOPLE LIVING IN Wales may:

- Travel beyond their local area for any purpose
- Meet outdoors with people from one household at a time, which includes meeting in private or shared gardens or any other privately owned outdoor spaces such as balconies
- There are still restrictions on people gathering indoors with others without a reasonable excuse (ie is a carer, for work, to visit health services etc). This means people should not generally enter each other's homes outside their extended household
- From the 6th July most outdoor visitor attractions can re-open subject to physical distancing requirements

The changes in Wales to date have not yet enabled face to face U3A interest group activity to resume.

Therefore on this basis it is unlikely that any U3A activity can recommence in the near future.

Sign up for the National U3A Newsletter at

<https://u3a.org.uk/newsletter>

U3A news around Wales

<https://u3asites.org.uk/walesu3a/page/15061>

U3A's Keeping in Touch and Keeping Busy

<https://sites.google.com/view/dysguchwerthinbyw/home>

A new Facebook page

U3A Creative Covid Collaboration

<https://www.facebook.com/groups/u3acreativecovidcollaboration>

THIRD ZOOM DIGITAL COMPETITION

THEME - What have you been doing during lock down?

1st Paul Bennett

‘Before & after oven clean’



2nd Chris Carey

‘Renovated seat’



3rd John Mussell

‘Computer desk’



GARDENING

Hi Everyone

Well, we are half way through 2020 and getting back to “a sort of normality” as far as the lockdown situation is concerned, for the majority of us. I am sure you will all agree our gardens have certainly proved a welcome help during these past months, even if it is to sit and listen to the birds and watch the visiting bees and butterflies. Of course, there are always jobs to do to keep us all busy.

Whilst my back was turned, my husband, Andrew, dug up yet another strip of our lawn for more veg. plants. We no longer need a lawn mower – I literally cut it with the scissors. He tells me he needed more space to put seeds in to “come on”. They are now coming on well!! I’m really not complaining, because the garden is very green and lush and along with the veg. the sweetpeas and astroemeria are keeping us supplied with vases of fresh flowers.

July and August are two months when dead-heading flowers and shrubs keep the flower beds blooming well, along with feeding the plants in hanging baskets and tubs. The vegetables are coming on well in the garden and August is a busy time for enjoying home-grown food, but spare a thought for birds by leaving a few seed heads of sunflowers, teasels, lavenders and Verbena bonariensis, these will offer an important food source as summer mellows into autumn.

I am sure many of you have been taking garden photos during the last months and thought it would be good if we could put them together to make a film show for a future meeting. If possible, please email any suitable photos to Jim Fenton. Jim has offered to “magic up” a film from our efforts.

Anyone needing a lawn mower get in touch with me. It’s a lightweight, electric Power Base rotary 1000W mower.

Take care everyone
Pauline Marx

SPECIAL EVENTS

Hello everyone. Well at last I am able to report that all monies have been returned to those people who had paid for the Jersey holiday and The King And I.

No holidays will be booked this year obviously but, if things are improved next Year I can start with a clean slate. Deposits paid for Jersey, as I have said before, rather than lose them I have transferred over to May next year in the hope we can visit Jersey then.

Pam Caines

CATHY PACIFIC AIRLINES GETTING READY FOR BUSINESS!



BRIDGE BASE ONLINE

The Bridge Group are still meeting at the usual time on a Monday afternoon (1400 hrs) but do so online, of course.

We use an American site – Bridge Base Online, and the format is Standard American which is what we normally play which is good.

Usually we are able to get a couple of tables together but can always expand and it is free unless you employ robots as partners or to fill a table.

David and Bridget Evans are the main organisers in this but I fill in where I can.

If you are interested in joining us, then please let me know and we will try to arrange something.

We may not be able to play “face to mask” for some time yet as you will appreciate.

Tony Hodson-Hirst

Acting Convenor

tonythetreasurer@gmail.com

A DAY IN THE LIFE OF THE GLOBAL VILLAGE

In 2010 Britain imported £30bn more goods than we exported.

Joe Smith a local man living in Great Britain, decided to look for a job. Joe started the day early having set his alarm clock (made in Japan) while his kettle (made in China) was boiling, he shaved with his Electric razor (made in Hong Kong). He put on his shirt (made in Sri Lanka) designer jeans (Made in Singapore) and tennis shoes (made in Korea). After using the toaster (made in India) he sat down with his calculator (made in Mexico) to see how much he could spend today. He set his watch (made in Taiwan) to the radio (made in China), got into his car (made in Germany), filled it with petrol from Saudi Arabia and continued his search for a job.

At the end of yet another discouraging and fruitless day checking his computer (made in Malaysia) Joe turned on his TV (made in Indonesia), then wondered why he couldn't find a good paying job in Britain.

CHANGING A LIGHT BULB

(This chap is at the top of his profession)

Husband: “I changed a light bulb today”

Wife: “That's it? You changed a light bulb??
I did the laundry, vacuumed the house, washed windows, cooked three meals, and the list goes on and on ...

And you merely changed a single light bulb?”

Husband: “Yep, that’s what I did today. Watch this; I was filmed doing it.”

Click here to watch:

https://www.youtube.com/embed/f1BgziZRfT8?feature=player_embedded

A GRAND TOUR OF EUROPE – submitted by Lesley Jones

For this month's Program I have decided to do what a lot of us will not be able to do for a while and take a Tour around Europe, starting in Spain and finishing in Russia. There are eighteen countries and I have chosen a composer from each country and included a piece of music written by them. From some countries such as Germany, Austria, Italy and Russia it was quite difficult which composer to choose. From others choice was a lot smaller and in the case of Switzerland my choice has a Swiss "Theme." Some of the pieces are very well known whilst others are more obscure. Quite a few of them are favourites of mine. I have tried to include some female composers.

All the pieces are available on Spotify.

Spotify is a free website - <https://www.spotify.com/uk/free/>

1: SPAIN: *Manuel de Falla* RITUAL FIRE DANCE

Fritz Reiner – Chicago Symphony Orchestra 4.11

<https://open.spotify.com/track/3EDzHLi2kg5JNkZK2CB6S9?si=7DJOykdzRRqoFaomt4yANQ>

2: CZECHIA: *Bedřich Smetana* THE BARTERED BRIDE OVERTURE

This is Smetana – BBC Symphony Orchestra 6.35

https://open.spotify.com/track/26d6NJOihv4XhkphDZaaf0?si=mDrdc5xBTICFRvQbrXl_cg

3: FRANCE: *Camille Saint Saens* THE SWAN

Arranged for Piano and Cello; YO YO Mar, Kathryn Stott 2.54

<https://open.spotify.com/track/0jOnZhF75V68VsBObWx2XO?si=JtMoAPaMT-Gi33KRgtVbrg>

4: HUNGARY: *Franz Liszt* : LA CAMPANELLA

Lang Lang: Liszt my Piano Hero; Vienna Philharmonic Orch. 4.47

<https://open.spotify.com/track/2Hnurh1BcigGbCGFob4UId?si=KF93OUFISWGA4i3zednAgg>

5: NORWAY: *Edvard Grieg*: PEER GYNT SUITE: MORNING

Somersnacht Koncert 2015: Weiner Philharmoniker 3.00

https://open.spotify.com/track/5ib9giBSAv5Mcgr25qZtra?si=x-OmaoEcSHKxkg5OHW_4EA

6: POLAND: *Frederick Chopin*: POLONAISE NO 6 OPUS 53 IN A FLAT:

Best of Chopin: Arthur Rubenstein. 7.08

<https://open.spotify.com/track/0P5RFxUZj4RQErEgfmSISS?si=kzWGf8UFTue6uDdOtQ5fQg>

7: SWITZERLAND: *Gioachino Rossini*: WILLIAM TELL OVERTURE

Arthur Fiedler and the Boston Pops Orchestra 3.00

<https://open.spotify.com/track/1ISbc05WTtcVh7q7QOXuu4?si=QwJD3XDVOgajYNPgh-2c-A>

8: ESTONIA: ESTER MAGI VESPER

Estonian National Symphony Orchestra: Avro Volmer 6.57

<https://open.spotify.com/artist/3wnm0pkc0sPfv7UI2xIZIW?si=pSnNLOGnR9Ky91S5a9mTSQ>

- 9: **DENMARK: Carl Neilson: ALADDIN OP 34 Prologue**
 Danish National Radio Orchestra 3.12
<https://open.spotify.com/track/3NKMILvxaj5ZDnEDfIk7Qb?si=43B0cdseS4SmAHfRYDxnjA>
- 10: **SWEDEN: WILHELM STENHAMMER: String Quartet No 5 In C Major OP.29**
Serenade: Stenhammer String Quartet 7.35
<https://open.spotify.com/track/0AOd6tObRJ3mIr5qOA8OIn?si=5eGMxNVeTFiiW7uOr58MNg>
- 11: **GREECE: Mikis Theodorakis: ZORBA'S DANCE** Zorba The Greek: Mikis *Theodorakis*
 4.11
<https://open.spotify.com/track/30Lj5KKGd8IUEK0s5N3ccN?si=HmdRB-NqT9ud0Mmhr3XYjA>
- 12: **FINLAND: Jean Sibelius: FINLANDIA: OPUS 26**
 The Sound of Sibelius: Lahti Symphony Orch: Osmo Vanska 8.27
<https://open.spotify.com/track/3hHWhvw2hjfngWcFjIzqr?si=BtqGEI9DQq-vnfvynt2oTg>
- 13: **NETHERLANDS: HENRIETTE BOSMANS STRING QUARTET**
II Lento: String Quartets from the Twenties: Utrect String Quartet. 4.29
<https://open.spotify.com/track/2o8w137tELmsIxWF5H42QT?si=DFdq62zASyq3Ocn2Qug2dw>
- 14: **GERMANY: Ludwig Von Beethoven: BEETHOVEN'S 5TH**
 Symphony No 5 in C Minor OP67: Allegro con brio.
 Beethoven Sinfonien No 1& 5:The Philadelphia Orchestra 7.17
<https://open.spotify.com/track/6RQ4YIHFJO4Kn5vbRv6htG?si=uw4ceXeSSjeSVDLujdH6FA>
- 15: **ITALY: Antonio Vivaldi: STORM 2 CELLOS**
 2 Cellos "Let there be Cellos" 2.33
<https://open.spotify.com/track/5U31JWvRGICuGd7rX5ZPfi?si=SA2waHunTXe3GH5ZV4YFTQ>
- 16: **BELGIUM: Cesar Frank: PANIS ANGELICUS**
 Music from Kings: The Choir of **Kings** College Cambridge 3.00
https://open.spotify.com/track/3r21CDDf54CNOwy1pNggOk?si=BxitqN9HTSSoUV_pIfnWOg
- 17: **AUSTRIA: Johann Strauss Snr: THE RADETSKY MARCH**
 Leonard Bernstein: New York Philharmonic Orchestra 3.27
<https://open.spotify.com/track/3rE7GK5GrGtjBW4YKdEBz9?si=VZsi0Qb4TmuFPU3AlykjOw>
- 18: **RUSSIA: Pyotr Illich Tchaikovsky: 1812 OVERTURE**
 The last Night of the Proms: Royal Philharmonic Orchestra 15.55
<https://open.spotify.com/track/6oWacAPUt8LMXqRkEk2MNng?si=m2qjIaOLRP6X7JYYIji0cA>

I hope you enjoy the journey, Lesley

TELEPHONE SCAMS – submitted by Rosa Morgan

HMRC SCAM

The prevailing review of **07537 130407** indicates that it is HMRC scam call!

Please be warned that scammers may call you from **07537130407** pretending to be from HMRC and tells you that you will be arrested for unpaid tax please don't worry. You can rest assured that this is not the Inland Revenue but is a well-known scam and there is no case against you. Please take a look on HMRC phone scam Visualisation (interactive map) or how this scam works on video. You can also report suspicious activity to the HMRC's phishing team

- Forward scam text messages to the HMRC on **60599** - you'll be charged at your network rate
- Forward emails to phishing@hmrc.gov.uk
- Send details (Date: 01/08/2020 11:55:45, Phone number: 07537130407, content of the call) of a phone to phishing@hmrc.gov.uk

NHS SCAM

From the Facebook page of “Primary Times Newport, Monmouthshire and Torfaen”
<https://www.facebook.com/302982799733036/posts/3511388238892460/>

And so it begins!

Scammer: ‘Good morning, I'm calling from the NHS track and trace service. According to our system, you are likely to have been in close proximity to someone who has tested positive for COVID-19. This means that you now need to self-isolate for 7 days and take a COVID-19 test.'

'OK. Can you tell me who that person was?'

Scammer: 'I'm not able to tell you that. That is confidential information.'

'Right, Um... so'

Scammer: 'But you do need to be tested within the next 72 hours. So can I just get the best mailing address so that we can send a kit to you?'

'Ok (gives address)'

Scammer: 'Thank you - and I just need to take a payment card so that we can finalize this and send the kit to you.'

'Sorry - a payment card? I thought this was all free?'

Scammer: 'No - I'm afraid not. There is a one-off fee of £50 for the kit and test results. Could you read off the long card number for me, please, when you're ready.'

'No - that's not right. This is part of the NHS so there's no charge.'

Scammer: 'I'm afraid there is. Can you give me the card number please - this is very important, and there are penalties for not complying.'

Puts the phone down.

“This is how scammers work. And vulnerable people will fall for it.”

EMAIL SCAMS – LATEST FROM GWENT POLICE

PAYPAL SCAM

Lookout for Fake PayPal Emails...

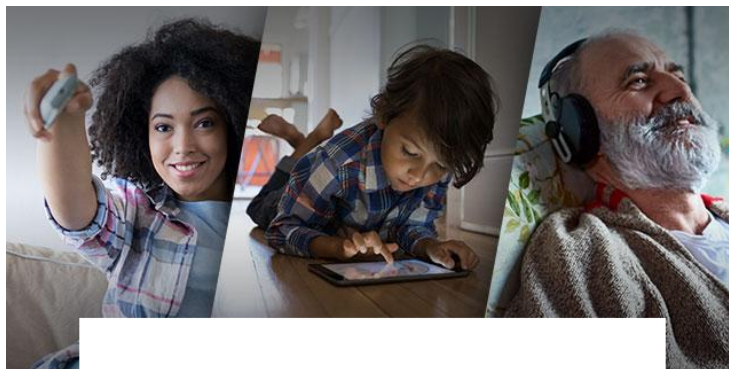
Action Fraud has received over 1,000 reports within 24 hours of fake PayPal emails. These emails state that the recipients account has been 'limited' as a result of a PayPal policy violation. The email contains a web link which leads to a genuine looking PayPal website. The site asks you to login to confirm your personal and financial information

If you receive a message like this out of the blue, remember to @TakeFive :

- Never click on web links or attachments within emails.
- Do not give out your personal or financial information.
- Verify using your own trusted method.

If you spot a suspicious email, you can report it by forwarding the email to the Suspicious Email Reporting Service – Report@phishing.gov.uk

TV LICENCE SCAM – Submitted by John Duke



Dear Customer,

You've just days left to renew your TV Licence.

Your licence covers you to watch or record live TV programmes on any channel or device, and to download or watch BBC programmes on iPlayer until the end of 25 June 2020. Just remember to keep your licence payments up to date, to make sure you stay licensed.

Choosing to receive your licence by email saves money, which the BBC can spend on TV, radio and online services.

Your TV Licence details:

Licence number: *****303978

Licence expiry date: 25 June 2020

Email on licence: Mickey Mouse

Please renew your licence today, it only takes a few minutes. Failure to update your records will result in account suspension.

[Renew now](#)



Want to make changes?

Sign in below to:

Update your contact or bank details

No longer have this email address john.duke@hotmail.co.uk?

Tell us you've moved home

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AS A GENERAL REMINDER - NEVER CLICK ON A LINK IN AN EMAIL!

BRIDGE – Written by Rob Taylor-Heard

The loud bang made everyone jump, dogs bark and birds fly up from the trees. Ten seconds later, another, louder bang, shook the earth and the crowd cheered.

I came, not to cheer, but to say good bye. I stood in silence and watched with tears in my eyes as my beloved bridge crumbled in a cloud of dust and rubble.

I had spent many happy hours along this part of the canal when I was young and looked upon this particular bridge with great affection.

He said, it was unsafe, that demolition man. We'll build a new one, he said, solid concrete and put a new road through. *He* called it progress. What does *he* know about it? *He's* too young. *He* can never know the fun of hay making in the meadow on the other side where the supermarket now stands. The picnics on the bank, when the men cut slices of hot pork from the roasting spit, and how we screeched when it burnt our fingers as we tried to eat it.

He can never know the warmth when we squeezed together as we sheltered under the bridge when it rained. How we giggled when we sat in the long grass watching the reflections in the water of couples holding hands and kissing, and then wondering if we would do the same when we grew up.

I don't know what my father would think if he was here now. I never knew him he went away to the war before I was born. My mother never married. When I was growing up and starting to think about boys, she told me about the bridge. Ever since then it's had a special place in my heart. Now it's gone, lost forever.

I started forward, thinking I would pick up a piece of the bridge and take it home for my granddaughter and tell her about the bridge, but the demolition man held me back.

'That was my bridge,' I said aloud, a tear forming in my eye. 'I was conceived from love under there.'

He picked up a tiny fragment, and placing it in my hand, gently closed my fingers over it.

'God bless you Gran,' he said, 'I understand.'

LAST OF THE LOCKDOWN LINGO

Space invader	Someone who routinely comes closer to you than the recommended two metres and who you'd like to zap like in an arcade game.
Goutbreak	The sudden fear that you've consumed so much wine, cheese, home-made cake and Easter chocolate in lockdown that your ankles are swelling up like a medieval king's.
Caught between a shop and a hoard place.	The dilemma of needing to purchase basics but not wanting to be accused of stockpiling. I'm not stockpiling, I usually buy this many tins of beans.
Zumping	The recent phenomenon of ending a romantic relationship via video call. Depending on the platform used for the break-up, it can also be known as "FaceTumped" or "Housepumped".
Antisocial distancing.	Using health precautions as an excuse for snubbing neighbours and generally ignoring people you find irritating.
Dinfluencer	Someone so proud of their new-found cooking ability that they artfully photograph every supper to boast about it on social media.

Quaranteam	The people and/or pets you're in lockdown with are your "quaranteam". This era's equivalent of #squadgoals.
Coughin' dodger.	Someone so alarmed by an innocuous splutter or throat-clear that they back away in terror.
Tandemic	A sun-kissed glow acquired from sitting in one's garden or (gasp!) flouting the rules on park sunbathing.
Mask-ara.	Extra make-up applied to "make one's eyes pop" before venturing out in public wearing a face mask.
Doom 'n' Zoom	The feeling spread by the most miserable or pessimistic participant in a videoconference, aka the "Zoommonger" or "lockdowner".



THE DOLLS – AND THE MONEY

A man and woman had been married for more than 60 years. They had shared everything. They had talked about everything. They had kept no secrets from each other except that the little old woman had a shoe box in the top of her cupboard that she had cautioned her husband never to open or ask her about. For all of these years, he had never thought about the box, but one day the little old woman got very sick and the doctor said she would not recover.

In trying to sort out their affairs, the little old man took down the shoe box and took it to his wife's bedside. She agreed that it was time that he should know what was in the box. When he opened it, he found two knitted dolls and a stack of money totalling £95,000. He asked her about the contents. 'When we were to be married,' she said, 'my grandmother told me the secret of a happy marriage was to never argue. She told me that if I ever got angry with you, I should just keep quiet and knit a doll.' The little old man was so moved; he had to fight back tears. Only two precious dolls were in the box. She had only been angry with him twice in all those years of living and loving! He almost burst with happiness.

'Honey,' he said, 'that explains the dolls, but what about all of this money? Where did it come from?' 'Oh,' she said, 'that's the money I made from selling the dolls.'

By kind permission of Stephen Berry, Newport U3A

STROLLERS NEWS - KEEPING FIT DURING LOCKDOWN.

Good news that to date as far as I know all of the Strollers and ex Strollers on our books are safe and well.

So what is the reason for this I thought? The answers came through in our Strollers News and News Extra Bulletins. Here are some of the things they published.

Food: We had a huge range of pictures and recipes for cakes, bread and meals exchanged between members of our Group. They all looked so delicious that you just had to try them. Also when asked about favourite meals, salad did not appear on any of the lists.

Drink: Not tea/coffee, Strollers tended towards alcoholic beverages as a rule. To be candid Strollers are not really fussy when it comes to a tippie, but some favourites did emerge. Wine, with a good hearty meal, but no clear preferences emerged here between, a refreshing white, or a nice Rose or even a full bodied Red. Late Evening appears to have been G&T time especially with these new fangled Gins that have all sorts of different flavours. Whiskey of the single malt variety also ensured a good night's sleep. Of course more recently when friends and family were able to visit you just had to pop a bottle of something with fizz just to be sociable.

What has been a very big factor in keeping Strollers happy and healthy is the fact that we have had lots of peoples' Birthdays. Let's be honest in the midst of this terrible virus if you reached another birthday then you are going to celebrate right. So party on Strollers!

Keeping fit: So far we have looked at Strollers staying healthy by being happy and possibly being full. In doing so it would be easy to forget that they are in fact a Walking group? So let's look at how they have kept fit. Lifting the groceries that have been delivered by friends, family or well known Supermarkets is great exercise, as is lifting the box with all the empty bottles for the recycling people. Decorating was a big factor for Strollers during the lockdown it gave people a great sense of achievement to have used up the last of the paint in the garage and see a room transformed. So they deserved to celebrate on a job well done. Gardening during the lovely weather was both rewarding and exhilarating. To be out in the fresh air sometimes working, but mostly watching the butterflies, bees and birds from your patio with a nice glass of something and the smell of a burnt sausage on the barbecue in the background was a joy. Only occasionally did someone use the Garden to exercise mostly because the internet had failed and they could not see Joe Wicks. Also that walking up and down the stairs to replicate a hill does get boring after a time and wears the carpet out.

Walking: Yes there has been evidence of this via pictures of trees, flowers and cattle, views of Bridges on the foreshore, swinging on trees in Wentwood or up a mountain with Welsh name near Abergavenny. However I suspect all of these were taken in previous years and dug out just for show. The reality is that the nearest most Strollers have got to a walk was reading about Bill's Sea Scout adventures or Maurice and Dorothy's Dragon Walk around all of the Wales Coastal Path. Just reading about the ascents and descents of cliff top walks, the wind, rain and occasional sunshine, let alone the distances that Maurice and Dorothy walked would have worn out even the fittest Stroller.

The Future: Is uncertain, but then again I did hear the other day that since pubs are able to offer outside refreshments, Strollers have indeed ventured out on walks. The apparent attraction is that one local pub has pastries, cakes and other goodies to takeaway. To a Stroller this makes walking bearable. Having been on lockdown for months this proves that the Strollers motto of survival of the fittest (sorry fittest) works. As such I will forward this article to Boris and Dom in August, so that the Sage Medical advisors can make it compulsory for England.

Rob Harry
Strollers Health and Welfare Consultant

DID YOU KNOW? – SECOND INSTALLMENT

EARLY DAYS IN AMERICA

I lived with Skip's Sister and brother-in-law, Linda and Carl. Our first conversation comprised of, Carl saying something to me, me asking Skip what had been said, me replying to Carl, Carl asking Skip what I had said. Skip acted as interpreter to a conversation made totally in English but might as well had been between a Russian and French person, this went on for months.

One Saturday, Linda went out shopping, telling me that if I wanted to wash my clothes, the machine was in the basement. Off I toddle, quite used to washing clothes for 9 people at once with my Mum's twin tub Hoover.

I lifted the lid, there was only one tub? And it was tiny? Where was the hose on the side to fill it? After scratching my head, I found a bucket that I proceeded to use to fill the tub with hot water from the sink. I added the powder and my clothes. There was another hair raising moment where I had to decipher the controls, but I managed to get it started.

Linda came home, after my third trip down to the basement to stop at the door to then walk back up the stairs, Linda asked me "what on earth are you doing" I replied "Checking for when it stops so that I can drain and refill ready for rinsing?" Linda just stared at me and started to laugh hysterically, "But it's "trying to regain her breath, "It's fully automatic" as she began laughing even harder.

The realisation hit both of us at the same time we went running down the stairs, crashed through the door to be greeted by wall to wall suds!! The washing machine had overflowed. Thank Heavens the basement had a concrete floor with drain otherwise it would have taken me hours to clean that mess up.

I worked on the opposite side of St. Louis to where I lived which necessitated taking two buses to work and back. My future brother-in-law, Carl would take me to the small shopping area where I caught the bus and was dropped off after work. One day I missed my connecting bus in downtown St. Louis so was late getting back. Rather than bother Carl I decided to walk home from the bus stop. The road had shops on one side and houses on the other and was two lanes in both directions.

There were no crossings but I managed to cross from the shops to the pavement in the middle, all of a sudden there was the beeping of a car horn and a car alongside me. It was Carl, "get into the car, quickly, what are you doing"? I had no idea what I had done. Apparently, as I found out later, I had been walking along not a pavement, but the median strip of a freeway (motorway).

Just another one of the little hiccups in my first few months. "But we all speak English don't we! Don't believe it".

And then there were two.....

Linda Stewart

CHICKEN SURPRISE – Submitted by Dave Edwards

A couple went for a meal at a Chinese restaurant and ordered the 'Chicken Surprise' The waiter brings the meal, served in a lidded cast iron pot. Just as the wife was about to serve herself, the lid of the pot rose slightly and she briefly saw two beady little eyes looking around before the lid slammed back down.

'Good grief, did you see that?' she asked her husband. He hadn't, so she asks him to look in the pot. He reached for it and again the lid rose, and he saw two little eyes looking around before it slammed down. Rather perturbed, he called the waiter over, explained what is happening, and demanded an explanation.

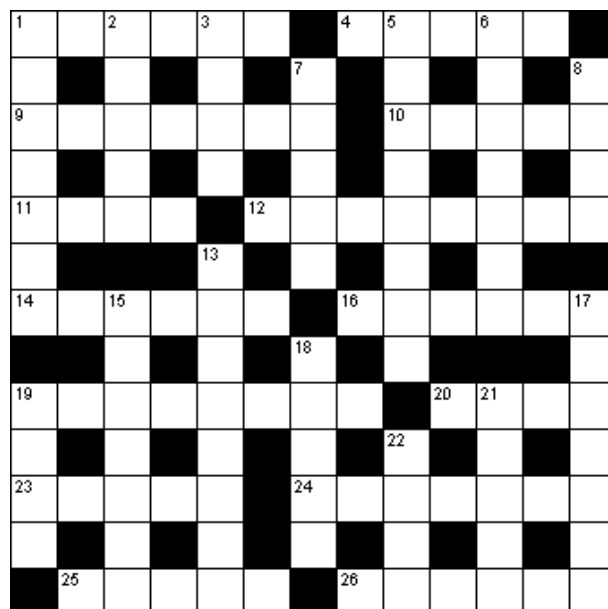
'Please sir,' said the waiter, 'what you order?'

The husband replied, 'Chicken Surprise'

So sorry,' said the waiter, 'I bring you Peeking Duck.'

AUGUSTQUIZZES

CRYPTIC CROSSWORD

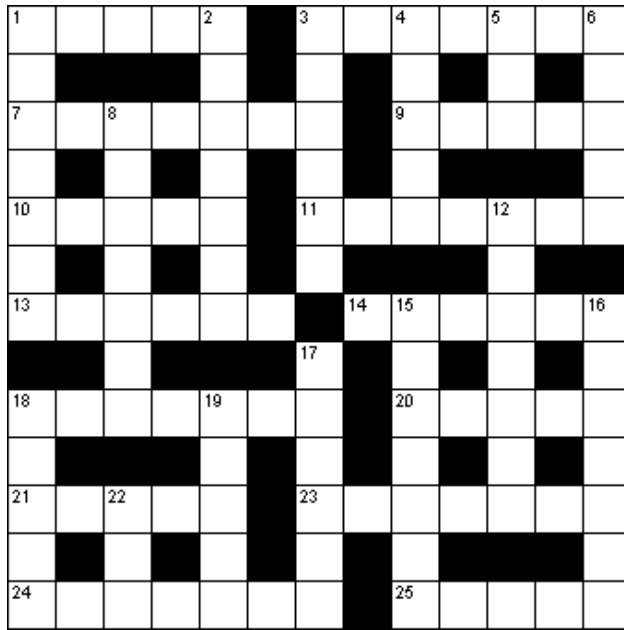


ACROSS

1. Find a prophet or a clever person (6)
4. Extra dark but found detection device (5)
9. Slipped on wet spot to form a dance (7)
10. Some echo reverberation job (5)
11. Look for a short man, urgently (4)
12. Writhing serpents make gifts (8)
14. A few winks and family for protection (6)
16. Romance hideaway made from a tree (6)
19. Container conduits make music (8)
20. Part of a hat, so correct the deletion (4)
23. Looks like a party could be a hit (5)
24. Mixed up singer, so no rap (7)
25. Acquire knowledge with poker end of the day (5)
26. Some future market comment (6)

DOWN

1. Can go to confusing shape (7)
2. Fruit and thick skin? (5)
3. Garbled tale is delayed (4)
5. Romance story involves someone from the past (8)
6. Decorated and redo at random (7)
7. Not together but a role (5)
8. Sounds like a swarm of letters (4)
13. Ended fiendish confusion (8)
15. Leaf insect, a spectacular ceremony (7)
17. Communicate and catch employment (7)
18. Refugee seafarer finds birds (5)
19. Put up with a large carnivore (4)
21. Headdress found in militia ranks (5)
22. Keep eels, found there's a point to it (4)



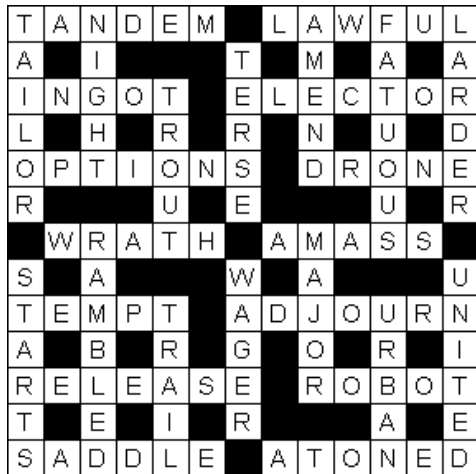
ACROSS

- 1. Goddess of love (5)
- 3. Revoke (7)
- 7. Floor show (7)
- 9. Oversight (5)
- 10. Last letter of the Greek alphabet (5)
- 11. Rising warm air current (7)
- 13. Symbol of disgrace or infamy (6)
- 14. Sour (6)
- 18. Inscrutable (7)
- 20. Type of snake (5)
- 21. Photo book (5)
- 23. Luxurious (7)
- 24. Commotion (7)
- 25. Restorative (5)

DOWN

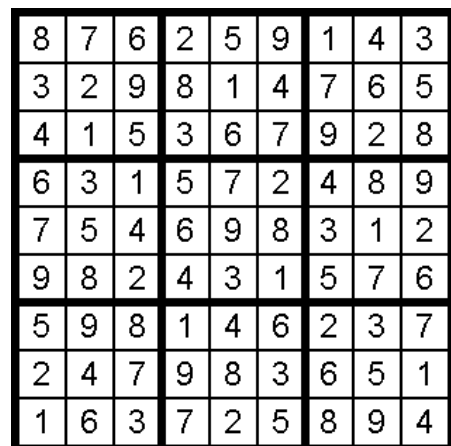
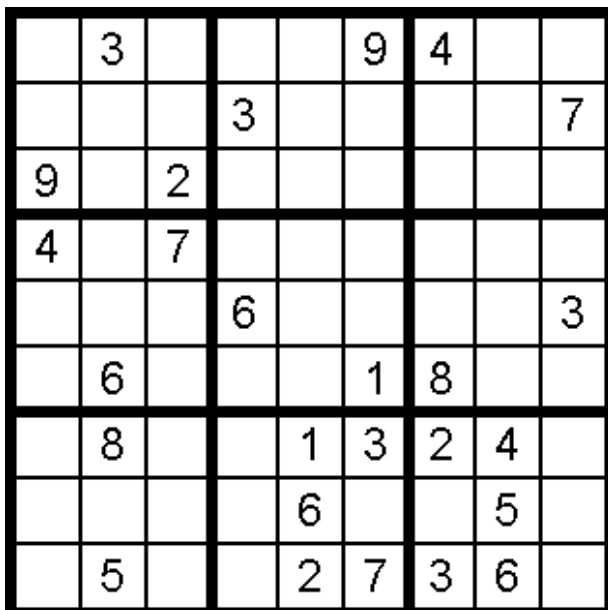
- 1. Asinine (7)
- 2. Satire (7)
- 3. Turn on an axis (6)
- 4. Unguent (5)
- 5. Mischievous fairy (3)
- 6. Live (5)
- 8. Transience (7)
- 12. Gruesome (7)
- 15. Explanation (7)
- 16. Forceful and extreme (7)
- 17. Educational institution (6)
- 18. Intone (5)
- 19. Musical speed (5)
- 22. Saloon (3)

July's solution



LET'S DO SUDOKU!

July's Sudoku solution



Solutions next month

JULY QUIZZES SOULUTIONS

NINE LETTER WORD PUZZLE – Submitted by Pat Oxenham

How many words of 4 letters or more did you find?

N	I	C
L	G	T
U	B	H

9 letter word **Nightclub**

Bight, blight, bluing, bung, chug, cling, clung, cubing, gilt, glib, glitch, glut, guilt, gulch, hung, light, ling, lung, luting, nigh, night, thing, thug, ting, tubing

GOLF – ANSWERS FROM LAST MONTH’S GENERAL KNOWLEDGE QUIZ

1. Craig Stadler
2. Augusta National
3. 3 minutes
4. Tony Jacklin
5. Sandy Lyle
6. 72
7. Greg Norman
8. Ivan Lendl
9. Bobby Locke
10. Curtis Cup
11. Dwight D Eisenhower
12. Bernard Gallacher
13. Peter Oosterhuis
14. UK and Ireland
15. Constantino Rocca
16. Gary Player
17. Nick Faldo
18. Jack Nicklaus

JULY’S CRYPTIC CROSSWORD SOLUTION

T	E	L	L	E	R		L	I	B	R	A		
A		E		E		M		N		A		P	
L		C	O	L	L	A	P	S	E	D		A	
L		T				C		T		A		U	
Y	O	U	N	G	E	R		A	C	R	E	S	
		R				O		N				E	
A	V	E	R	S	E		S	T	E	A	L	S	
B				C		P				B			
O	M	E	G	A			E	N	D	U	R	E	S
A		A		R		A				I		P	
R		R	E	L	O	C	A	T	E	D		E	
D		L		E		E		O		G		A	
	W	Y	A	T	T		A	P	P	E	A	R	

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