

Dear Member

How time flies in lockdown, for some of us at least. Personally, it only seems like yesterday that I produced the last newsletter; I can't believe that it's time for another newsletter already. From the queues for the Chouet Green Waste this week, many of us have been very busy in our gardens, as I have, but I've done enough digging and earthing up my potatoes, for now...

Our artists have been very busy, too! In this edition of the Newsletter, we are pleased to include the latest works from both the Water Colour Workshop Group and the Drawing for Beginners Group. News on the continuing activities of many of our other interest groups is reported by Jane Pearson in her write-up below.

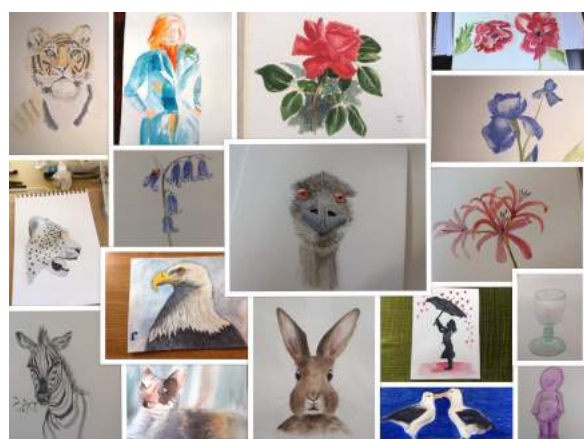
Thanks again to our Quizzers Group for their excellent U3A Guernsey Quiz that we published in our last Newsletter. So far, 33 members have found the answers hidden away on our website. If you haven't yet found them or want to know what the prize is, then please use this [link for find out](#).

Following our piece on the 10th Anniversary of the iPad at the beginning of April, we were able to help five members obtain new iPads from the dwindling stocks on the island. And subsequently, two members - Gloria Deane and Julie Madeley - have also offered their used iPads to any member that is still struggling to obtain one. Please contact us at [u3aguernsey.news@gmail.com](mailto:u3aguernsey.news@gmail.com) if you would like to avail yourself of one of these very kind offers.

We had a bag full of letters from members [emails, actually] in response to our report in the last Newsletter on what the large supermarkets are doing or not doing to get groceries to members who are self-isolating or shielding at home. See what you had to say below!



Judy, Ian, Di, Alan Jane, Peter, Sue & Gill zooming into yet another weekly Executive Committee meeting (Garry & Kathy were unavailable)



Pearl Guille & Christine Gosselin of Water Colour Workshop Group report that following a challenge suggested by Jenny Mahy, all of the group members got involved in drawing a picture starting with every letter of each member's first name and then their surname. Here's what the first 17 of the 63 drawings & paintings the group have done, so far!

And what a FANTASTIC response we had from many of you to our request to help with participation in the States' Covid-19 Community Monitoring Tool. More than 50 of you wrote to tell us that you had registered. This will have helped to substantially improve the imbalance that Dr Nicky Brink and her team at Public Health had reported, because not enough over 65s had been responding to this vital information survey.

You many not be fully aware that U3A Guernsey is part of not just one, but three different regional U3A networks in the UK. Officially, we are part of the South Western Regional Network, but as getting to and from there via Exeter requires an overnight stopover and then poor rail connections, we have opted to be part of the much smaller and closer Hampshire South Central Network (SCN).

The SCN takes in seventeen U3As in East Hampshire (plus Guernsey & Jersey) with most meetings held within easy reach of Southampton Airport, which we can attend on a day trip basis (well, we could before the lockdown!). In turn, the SCN is part of the much larger South Eastern Regional Network (SERN).

Our involvement in these networks is on various function levels, such as chairman, treasurer, secretary, membership, interest groups, publicity & webmaster, and provide valuable insights into how each of the 19 U3As of the SCN operate, discuss our mutual problems, swap success stories, etc.

The physical location is now almost irrelevant, however, as all SCN meetings are now being held by video conferencing using Zoom. To keep U3A members within the whole SERN area (which covers some 190 U3As in Berkshire, Buckinghamshire, Hampshire, Kent, Oxfordshire, Surrey, Sussex (as well as us in the Channel Islands), SERN have started to produce a regular newsletter, called Catch Up, the first edition of which we have uploaded on to our own website. You can also find it on our Facebook page. To find out more about SERN please do look up their dedicated website here.

All this repetitive mention about Zoom might be getting you down, particularly if you have never used this video conferencing software and are still wondering what it is all about. So, we thought that we should help all those members who would like to have a go at 'Zooming'! We are inviting everyone who wants to have a go, to register to join a small tutorial group hosted by one of the Executive Committee members. We are also aiming to hold our first ever 'virtual' U3A coffee morning using Zoom on one Tuesday very soon! To find out more, please see our article below.

As an alternative to Zooming, Jane Pearson has suggested a telephone tree using the free local call services now being provided by Sure. To find our more read her Interest Groups' report via the link below.

We are pleased to welcome Peter Langford as a new member of the Executive Committee Peter has agreed to take over the role of Treasurer when Garry Wade retires at the next AGM (which will take place sometime later this year, whenever we are allowed to have it!). We have asked Peter to do a write-up about himself for the next Newsletter.

Finally, as we approach our own very special Guernsey day next week, one of our members, Sally Robert, has written a special Liberation Day poem especially for U3A Members called Freedom Came our Way. Sally's inspiration for this poem came from her memories of her mother, who did not have a Union Jack flag to raise on 9th May 1945 to celebrate the original Liberation Day. So, she set to to make one out on old red dress, a white table cloth and a blue sheet, which Sally remembers as a child being put up each year at her home. As part of this year's 75th Liberation Day celebrations Sally has teamed up with the Guernsey Arts Commission for a Liberation At Home Union Jack Challenge. Are you up to the challenge of making a Union Jack out of old materials, just like Sally's mother in 1945? For more information please click here.

À la perchoine!

Ian Daish

Chairman & Newsletter Editor, U3A Guernsey

Learn, Laugh, Live!

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## Psychology becomes *Groupthink!*

One of the Psychology for Beginners groups has decided to continue and has morphed into 'Groupthink'. Groupthink being the name given to a theory or model that was extensively developed by Irving Janis (1972) to describe faulty decision making that can occur in groups as a result of forces that bring a group together.

Fortunately we don't have to make any decisions, we just enjoy discussing psychological topics. Due to lockdown we have been meeting on Zoom and the animated challenging discussions that we enjoyed in the real world have continued.

Whilst Pat Child still facilitates the meetings (although Roger Le Tissier does the technical bit) the members take turns to decide the topic and lead the session. The screenshot (above) shows eight of the ten members discussing the psychological effects of the virus, which was led by Janet Parnwell, who used newspaper cuttings and results of surveys to stimulate and reinforce the discussion.

A great way to spend time whilst we are social distancing!

Pat Child



Many of us will be missing seeing our friends for coffee morning meet-ups, or sitting down to afternoon tea & a chat, or a natter over evening drinks. So, what can be done whilst we wait for lockdown to end?

Linking up for a video chat using your smart phone, tablet or computer is increasingly becoming the answer for many people. Whether it's using Microsoft Teams (as the States of Deliberation meetings are now using) or What's App or Facetime, the most common method seems to be using Zoom. (continued overleaf)



As well as our Executive Committee meetings being held using Zoom, our Philosophy, Psychology, Ukulele, Wine Discovery and French Beginners groups have also started using Zoom to continue with their activities.

But, what is missing is the opportunity for socialising with Zoom. Having a chat over coffee, or tea or a G&T via a Zoom meeting is becoming increasingly common, so why not a 'virtual' U3A

Guernsey Coffee Morning?!

But there will be a fair number of members who have never used Zoom and may be frightened to try it. So, we have come up with an idea!

We want to help novice users learn how to use Zoom, so that they can eventually join in with other confident users for our first 'virtual' U3A Guernsey coffee morning using Zoom at some time in the next couple of weeks.

### Novice Users:

- For members who have never used Zoom and would like to learn how to use it, and those who have used it but do not yet feel very confident using it
- You will need a computing device with both a microphone and a camera (webcam). The device can be a mobile (smart) phone, or a tablet (iPad, etc, which will have a microphone and camera already built in), or a laptop/desktop PC (which will may need a separate webcam, but normally has a microphone already built in)
- Please register your interest by sending us an email to this address: [u3aguernsey.learn@gmail.com](mailto:u3aguernsey.learn@gmail.com)
- You will be contacted by one of the Executive Committee or the Media Team for a small Zoom gathering of up to six members at a time, so that you can be talked through what is involved
- We hope you you will gain get sufficient practice to become a 'confident user'.

### Confident Users:

- If you are already a confident user of Zoom and you would like to register your interest in participating in our first ever 'virtual' U3A Guernsey coffee morning, then please email to register your interest to us here: [u3aguernsey.events@gmail.com](mailto:u3aguernsey.events@gmail.com)

Lastly, to run any Zoom session requires the 'host' to set a day and time for the Zoom meeting to be held. You will be eventually contacted with an invitation by email from one of the Executive Committee or Media Team who will act as the 'host'. This email will contain all the information that you need to join in the Zoom session.

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### From Di Tooley

Well done! Certainly everyone is getting value for money with your last newsletter, and the quiz. Also the details of shopping; pharmacies are another problem, of course.

I have spoken to several people recently who are plainly feeling lonely, bored and a bit lost. I wondered if you could just remind members with tablets, iPads, etc that there are easy ways to speak and 'see' your friends - FaceTime, Messenger and, of course, Zoom. Possibly the first two are the easiest and good for one to one conversations. There are other systems I believe, but I have not looked at them. Everyone can get all the information they need from Siri [Apple's talking online 'assistant' - Ed], or any search engine. Di



### From Gloria Deane

Dear Ian, I have an old I pad which I have I hope successfully wiped clean of my usage. I cannot remember the organisation that is handing these out to people who have not got them. I think it was for the older generation. If you know of this group or if you know anyone who would like my old I pad, please come back to me. Gloria

### From Julie Madeley

Hi Team, I have an almost unused iPad I don't use if anyone wants to borrow (or buy if they prefer). Thanks for all that you do. Warm regards, Julie

### From Maureen Forino

Dear Ian, Thank you for your very informative [newsletter] email. It is very much appreciated. I would like to add one point:-

I see that some of our supermarkets are offering delivery services. However, for us reasonably fit people in our 70's, would it not be possible to follow the UK's example of making the first hour of opening available solely to our "vulnerable" group on a certain day of the week? Just a thought. Best wishes, Maureen

#### From Gavin Ryde

Hi Ian, [My wife] Sue has forwarded the section of the latest newsletter on shopping to Mark Cox, Acting CEO of the Channel Island Coop (of which Sue is a Director). The Coop are working towards an online system. Sue has suggested that any further information on what the Coop can offer be passed onto you at the appropriate time. Regards, Gavin

#### From Sue Taylor

Hi, I saw your information about home deliveries of groceries. The Guernsey Weigh do a home delivery service. They have a variety of goods including cleaning and bathroom products and nice fresh vegetables. To order go on line and choose from their product list and amounts needed and email them with your phone number. Waiting time was approx 2 days. They will put together your order and then phone you and you can pay on line and they will deliver. Delivery charge is £5. Obviously, because you cannot bring your own containers in, you will have to buy their glass bottle for liquids. I suppose anyone not on-line could order by phone. You are doing a great job. All the best, Sue

#### From Ann Sumner

You mentioned in the Newsletter all the major Supermarkets, Forest Road Stores do a shopping delivery service. Just give them your shopping list and they deliver it to your door. My neighbour has been using them all throughout the lockdown. Regards, Ann

#### From Joan Rouget

Thank you for your newsletter. You may like to add Forest Stores to your home delivery service. Splendid service from them simply go to [foreststores@cwgsy.net](mailto:foreststores@cwgsy.net) Put your name address, telephone no and place your order. When it's delivered they phone you to arrange payment. Joan

#### From Carole Elliston

Nice to see another newsletter. Is it worth adding  
- Butchers doing deliveries, e.g. Cobo butcher has milk and other things  
- Those with animals - Trim Dog are delivering  
- There was a frozen meal delivered ready for the oven  
I know you need to draw the line somewhere or newsletter will be a book! Carole

#### [Editor's Note on shopping delivery, etc services:

Forest Stores are one of many smaller independent stores who have been listed by the States on their Covid-19 food delivery support services for some weeks now on their website here: <https://covid19.gov.gg/together/food-drink> However, The Guernsey Weigh was not listed, but after being advised by U3A Guernsey the list has now been updated to include this shop; thank you Maureen. In our U3A newsletter we consciously excluded these smaller stores, as well as Forest Stores, as we had been told that they were/are already very busy and struggling to keep up with demand. Part of the rationale for our U3A campaign has been to put pressure on the larger supermarkets chains who didn't appear to be doing as much in terms of deliveries or call & collect services. In this regard, Waitrose in particular have now ramped up their services for vulnerable people following our pressure, and it appears that the Coop will also be doing so soon.]

Looking for past newsletters or to trying to open any other document on our website? You can read or download these from the News section or the Documents section of our website.

To do this you will need to use the following-  
Username: **U3aguernsey**  
Password: **Lihounineteen**

These are case sensitive and are the same for any document and they are also common for all members.

If you have any problems accessing the newsletter or any other document, please email: [u3aguernsey.news@gmail.com](mailto:u3aguernsey.news@gmail.com)

## Freedom Came Our Way

By Sally Robert

Our Dear Channel Islands will be free today  
Almost 75 years of freedom came our way  
Until 9th March 2020 - an enemy decided to enter our shores  
Coronavirus, a dangerous and invisible one, in all.

Pub, Clubs, Restaurants and gatherings have all come to a stop  
Social distancing is the new trend on the block  
Hugs and kisses have been banned for now  
Lockdown is the name of the game – stay home and do not row.

Milk, Papers and Groceries are delivered to our doors  
Post and Bin men carry on as before  
Come on you fishermen, sell us your fish  
From the roadside, as it was done in 1966

Don't let boredom get the better of you  
Clear out the loft, play games, and exercise too  
With tins of soup or bake beans at the ready  
Follow the instructor's advice you'll find on the tele  
Or of course from your tab  
But be careful whose watching, as they'll think you've gone mad

Breath in the fresh air from the garden of your place  
Listen to the birds sing whilst no one is around  
Look up to the sky where planes cannot be seen  
Reflect on your life and what this invasion means

Let us give thanks to the Frontline of this war  
We'll always remember the ones that were taken off our shore  
Keep the battle going through thick or thin  
We can do this together and with determination, we will win

We'll rejoice in the freedom we took for granted  
We'll look to the future and hug everybody  
We'll invite visitors to catch a plane or a ferry  
We'll welcome them back to our Island of Beauty  
Sarnia Cherie

# Interest Group News & Updates

Jane Pearson, our Interest Groups' Co-ordinator, reports on the activities of some of the many Interest Groups which remain active

Well done to the members of the **Beach Wombles** group, who have together collected over 1,000 kgs (1 Ton in old money) off of our beaches in



the past four years of wombling. It seems absurd that many of the beach cleans had to be cancelled due to bad weather and now! Well done to all the U3A Beach Wombles. Why not set yourself a challenge of collecting stuff off the beach next time you take a walk?

The second **Ukes** group session on Zoom took place in mid-April and has been opened up to the rest of the group. Good luck to all who participate!



Perhaps we will witness a virtual session some time in the future maybe at a coffee morning!

The **Philosophy** and **Psychology** groups have also been using Zoom to continue their group sessions and explore various themes.

Glenis is keeping in touch with her **Skittles** group members regularly and looking forward to a big party when we return to normal times.

Some of the **Metalworkers** group are having a virtual (Rockmount) meeting over a beer or two, via Zoom.

The **French Beginners' Conversation** Group Continue to function meeting most Wednesday mornings at 10:30. The meetings are held with the help of Zoom and they watch and discuss a short video with French and English subtitles. They have even participated in a quiz, in French of course! They are enjoying getting together and having something challenging to discuss.

The **Drawing for Beginners** group continue to be busy with Sheila setting challenges such as rainbows, Easter, favourite treasures, and something copied from a magazine; all very inspiring.



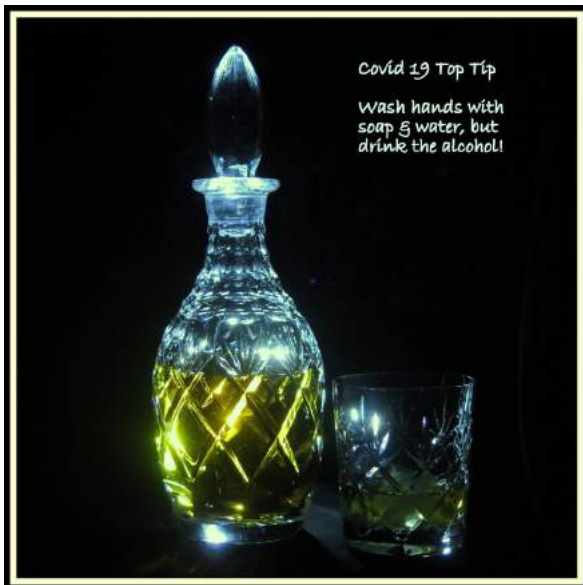
Games are obviously out of the question for the **Bridge** groups, but what about downloading something? Sue Corbett says there are literally dozens of Bridge Apps and programmes. On their mobiles, a lot of players use FunBridge, which is free for the first two weeks until charges are incurred. *No Fear Bridge* is a good choice but costs money, but if you contact Sue she is able to get a discount. A popular option is *BBO - Bridgebase* where you play with real people and it is all completely free unless you want to play any tournaments. If you do go on *BBO* you should use the Acoll club as some of the international clubs on there are less friendly.

### Convenors being resourceful:

Wendy Byrom (**Philosophy**) has started Tai Chi - she found a lovely piece on YouTube: *Tai Chi for beginners, 5 minutes a day, modules 1-5...* taken by Leia Cohen, standing on a platform in a park in New Zealand with the sea and pine trees as a background. She says on fine days she takes her iPad out into the garden and does her tai chi in the great outdoors too!

Maggie (**Canasta**) has turned her hand to producing batches of red cabbage sauerkraut and knitting dishcloths.

The **Photography** group are busy working on their table top challenge and provided Julian with some wonderful examples. Well done to everyone, I particularly like the photo below:



Please let me know if your group is keeping in touch and what you've been up to at: [u3aguernsey.groups@gmail.com](mailto:u3aguernsey.groups@gmail.com)

**Free Phone Calls**

Lastly, did you know that **Sure** are offering free calls to local landlines (only) at the present time? Every weekday from 6pm to 8am and all day on weekends (Friday 6pm to Monday 8am) all local calls are free.

If you feel you could benefit from a phone call by someone in the U3A and you would be happy for me to share your phone number. Please let me know (my phone number is 250755) and I will endeavour to put a few of us in touch to support one another through these difficult times.

Keep on Learning, Laughing and Living!

Jane

**WANTED**  
**Editor for our**  
**U3A Newsletter**



After almost four years in the role, your current editor needs a break... So, are you able to take over the position, or at least share the work with others?

In typical U3A style, your current editor is no expert at this job; it was just an impetuous decision to help out when the then chairman needed a volunteer to take over the role.

Straightforward enthusiasm and the availability of a good computer system is all that is needed. And, it's not as difficult to do as it might seem.

As there is no set U3A style that you have to follow, the format of the newsletter is entirely down to the whim and fancy of the editor. It's whatever works, provided that the members enjoy reading whatever you produce.

After all, the U3A ethos is all about *by the members for the members!* Let us know if you are up for a challenge. Please email [u3aguernsey.news@gmail.com](mailto:u3aguernsey.news@gmail.com) if you are.

**Peter Langford joins U3A Executive Committee**

We are pleased to announce that Peter Langford has agreed to join the Exec team. As our present Treasurer, Garry Wade, wishes to retire, Peter will be standing for election as Treasurer at the next AGM. So, for the time being Peter has been appointed as "Treasurer Designate".



**U3A Guernsey Contact Points & Email addresses**

General Enquiries	<a href="mailto:u3aguernsey@gmail.com">u3aguernsey@gmail.com</a>	Secretary	<a href="mailto:u3aguernsey.secretary@gmail.com">u3aguernsey.secretary@gmail.com</a>
Interest Groups' Team	<a href="mailto:u3aguernsey.groups@gmail.com">u3aguernsey.groups@gmail.com</a>	Treasurer & Finance Team	<a href="mailto:u3aguernsey.treasurer@gmail.com">u3aguernsey.treasurer@gmail.com</a>
Membership Team	<a href="mailto:u3aguernsey.membership@gmail.com">u3aguernsey.membership@gmail.com</a>	Event Co-ordination	<a href="mailto:u3aguernsey.events@gmail.com">u3aguernsey.events@gmail.com</a>
Media, Newsletter & Newsflash Team	<a href="mailto:u3aguernsey.news@gmail.com">u3aguernsey.news@gmail.com</a>	Webmaster	<a href="mailto:u3aguernsey.website@gmail.com">u3aguernsey.website@gmail.com</a>

Our Phone Line: **07781 193333**  
Please leave a message

Our Website:  
[www.u3asites.org.uk/guernsey](http://www.u3asites.org.uk/guernsey)

Our (closed) FaceBook Group  
[www.facebook.com/groups/GuernseyU3A](https://www.facebook.com/groups/GuernseyU3A)

# Who's Who in Guernsey U3A?



Ian Daish



Alan Chubb



Garry Wade



Sue Knowles



Kathy Corbin



Peter Langford



Gill Slimm



Judy Dyke



Di Tooley



Jane Pearson



Gavin Ryde



Caroline Davey



Lesley Morris



Kathryn Evans



Judy Wade



Mary Thompson



Pauline Telford



Margaret Lemon



Karen Winter



Jenny Dunning



Carole Elliston



Our Volunteer Pool - Thank you all for your support!

**Your Executive Committee for 2019/2020 is comprised of the following members:**

**Officer Execs:**

- Chairman - Ian Daish
- Vice Chair - Alan Chubb
- Treasurer - Garry Wade
- Secretary - Sue Knowles

**Non-Officer Execs:**

- Social Secretary - Kathy Corbin
- Deputy Treasurer - Judy Dyke
- Interest Groups' Coordinator - Jane Pearson
- Membership Secretary - Gill Slimm
- Events Coordinator - Di Tooley
- Treasurer Designate - Peter Langford

**who are supported by their teams:**

**Interest Groups Team:**

Jane Pearson with Margaret Lemon, Lesley Morris and Mary Brogan

**Finance Team:**

Garry Wade is our Treasurer supported by Judy Dyke as Deputy Treasurer and Peter Langford

**Social Activities Team:**

Kathy Corbin heads the team with support from Pauline Telford, Kathryn Evans, Lesley Morris, Judy Wade and Mary Thompson

**Media Team:**

Ian Daish edits the Newsletter, Gavin Ryde manages the Website, Caroline Davey prepares & sends our Newsflashes, Alan Chubb looks after our Facebook page and Jenny Dunning, who is one of our roving reporters together with Carole Elliston, who also manages the emailing lists

**Speakers Corner Team:**

Gill Slimm & Kathy Corbin

**Beacon Membership System Support:**

Garry Wade & Karen Winter