

Dear Member

Another two weeks have flown by for many of us in lockdown, but for many others time has slowed right down to a monotony of sameness everyday.

To help members cope with such a vacuum in their lives we continue to try to find ways of helping members try out new things to help pass the time. In this edition of our fortnightly newsletter, we hear how one of our members has signed up to one of many **free Open University courses**; one of thousands available to learn new skills, new subjects, new almost anything!

For some members, just **clearing out their cupboards** has been a learning experience of its own! One member, who wishes to remain anonymous, reveals below what she/he found in theirs...



We are pleased to show off some more of the paintings from the Water Colour Workshop Group, following a challenge suggested by Jenny Hamon in the group [and not Jenny Mahy as we incorrectly reported in the last newsletter]. Each of the group members were asked to do a picture starting with every letter of their first name and then their surname.

And, we have some more great works of art for you from our **Water Colour Workshop group**.

We were able to help a fair number of members overcome any nervousness they may have had in using Zoom (or any other video conferencing software) over the past fortnight with our **Zoom learner sessions**. So, we have decided to hold these every Monday from now onwards for other members who want to become zoomers - see the article below.

And we held our very first **Virtual Coffee Morning** this week. The consensus amongst the attendees was that we should repeat these; so, from Tuesday 26th May, these will be held every fortnight - read more below.

And finally, an article by a **91 year old lady who knows all about isolation**; isolation on the high seas! Read about **Laurel Cooper's experiences and frustrations** today in not being able to continue with her U3A activities during lockdown.

À la perchoine!

Ian Daish

Chairman & Newsletter Editor, U3A Guernsey

Learn, Laugh, Live!

Why not try doing a FREE online OU course and achieve a Statement of Participation?

My daughter forwarded details of OpenLearn, 1000's of free courses on a wide range of subjects. Some were based on Open University course materials and others are written specifically for OpenLearn. I decided to complete the course 'Understanding Dyslexia', but there are loads to choose from. I created an account which set me up with a personal learning profile, which tracks your course progress. On successful completion, I was able to access and download a free Statement of Participation. This is not a formal credit towards a qualification, but I was very proud anyway to receive my certificate on completing the course.

The courses do not have a start and end date, so you can start right away or at a time that suits you. Great for when you have time on your hands - like now! You can work through at your own pace. This course took about 20 hours, which I split over three days. There were activities and points to think about but no official tests to complete.

If this has inspired you to take your learning further, you might like to explore the free courses on OpenLearn - www.open.edu/openlearn/free-courses Jane Pearson



U3A Guernsey Virtual Coffee Mornings from 26th May

Following our series of learner sessions over the past two weeks to help members become confident "zoomers", we have decided to launch regular **U3A Guernsey Virtual Coffee Mornings from Tuesday 26th May** and then every TWO weeks for as long as we have to continue in some form of lockdown, which otherwise prevents us from having our normal U3A Coffee Morning at Rovers FC.

So, please put these dates in your diary:

Tuesday 26th May
Tuesday 9th June
Tuesday 23rd June
Tuesday 7th July
Tuesday 21st July
Tuesday 4th August

The Virtual Coffee Morning will kick off at 10.30 for about an hour & a half. There is no need to register in advance, nor do you need to join at 10.30; in fact, if everyone joined at once, no one would be able to get a word in edgeways! So, please call in at any time between 10.30 and 11.45. If too many members do call in at once, then I will move groups of members into so-called Breakout Rooms, a function on Zoom which can be used wherever the numbers get too large for everyone to chat.



How do you join? Simply let us know by emailing u3aguernsey.events@gmail.com

Alternatively, enter the following information into your Zoom App after clicking on the "Join" or "Join a Meeting" button:

Meeting ID: 853 2880 6241

Password: 582941

Help for Novice Users of Zoom:

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 PC/laptop (which will need a built-in or separate webcam and will need to have a microphone, if it is not built-in).

You then need to download the (free) software or App from Zoom from their website: <https://zoom.us/download>

To assist anyone who wants to try it out on their own before joining in a big meeting, we will be holding additional **Zoom learner sessions** for the next few weeks **every Monday afternoon starting at 2pm**.

If you wish to join in any of these learner session, or you would like to know any more, then please send us an email to this address: u3aguernsey.learn@gmail.com

Ian Daish, U3A Guernsey Media Team



From Val Burton

Hi, the experts have been discouraging us from doing non-essential things, but I feel that those able to decorate Christmas trees, paint fences, or do crafts are probably coping best. I found a knitting pattern I had not got around to doing and some scraps of wool, and this kept me busy for weeks, because I did not understand the instructions and could not visit anyone for help. But, having finally finished in time for Liberation Day, may I introduce you to Cobo Alice's companion, **Fisherman Fred!** Thank you for keeping in touch. Best wishes to everyone, Val Burton



From David Ford

Hi, I just thought you may like my Spitfire drawing. I drew the Spitfire from a photo I found on the internet, and the clouds I copied from a tutorial I found on YouTube. I first had a go at drawing about 4 years ago when I tried to follow a YouTube tutorial on drawing a gorilla. This encouraged me to copy other people's work and now I do my own. I entered two pictures into the Eisteddfod this year of Sean Connery and Winston Churchill. I have always liked aircraft and spent 9 years in the RAF, and my subsequent career was as an aircraft engineer, firstly in the UK and then over here in lovely Guernsey. All the best, Dave

C is for [guess what?!]...

We are pleased to publish another article by Laurel Cooper, whom we featured in Issue 16 of our Newsletter in February last year. Now aged 91, Laurel has travelled the world by boat across the oceans, as well as many of the World's canals & inland waterways. She and her late husband, Bill, have had to spend many weeks in isolation whilst at sea on their voyages. And as she now recounts is is very much like living in lockdown during this coronavirus pandemic!

[This article was first published last month in *Blue Flag* magazine, the journal of the DBA - The Barge Association and is reproduced here with kind permission.]

Well, there's not much doubt what C is for - Coronavirus. It must be affecting all of us.

I am well, but my retirement home is closed to all visitors, including family, and all our residents are urged to stay at home and not go shopping even once a week. All group activities - quiz, bingo, coffee morning - have been suspended. Life as we know it has changed completely.

I shall try and tell you anything that might be helpful for quarantine or isolation (in our case we may be looking at months) for what is virtually a Transatlantic Crossing, or a long sea cruise, even a canal cruise in a remote area.

Starting with another C - Campaign Bread, a useful go-to in times of shortage.

[CAMPAIGN BREAD: Flour, egg white, lemon juice and Baking powder, cooked 90 seconds in the microwave.]

Well, just as well I gave that a try out before sharing it with you. It was dreadful.

So, I am back to suggesting my old standbys of Irish soda bread or Welsh griddle cakes, and any of the flat breads: (roti, tortillas, soda farls, Scottish oatcakes) that don't use yeast - recipes easily found on-line. Cooking is a good way of passing time and keeping children amused, besides being essential for morale; so, making bread the real old-fashioned way could be a good idea - especially if you have bread mixes to help you. Otherwise, if you can, store ship as you would for a long cruise: plenty of pasta, rice, long keeping vegetables and fruit like carrots and potatoes, and oranges and lemons. Fill the freezer with solid food - not too much in the way of bones, gravy, or even packaging - it is often good to repack stuff from the supermarket into handier and more space-friendly shapes - be sure to keep all the instructions though.

C is also for Communication and Connection. Now this cannot be face-to-face, thank God for the Internet and the telephone. I have not spoken to anyone for nearly a week, except by this means, my FaceBook groups (which include the DBA and Women-on-Barges,) and similar forms of social media are a life saver for all of us; and I mean that quite literally, because the effects of isolation and loneliness, even without what is happening all around us; are well known to cause depression and other terrible effects on mental health. If we can stay interested, informed, intrigued, and have the occasional hearty laugh, what you can access from your laptop or I-pad will be invaluable. I'm even reading those awful jokes!



Laurel Cooper sailing across the Atlantic in her youth



Bill & Laurel Cooper on board their last boat "Fare Well"

C is for Challenge. What do we do to pass the time? I find a certain satisfaction in the daily chores - cleaning now includes wiping all handles and surfaces down with anti-bacterial wipes; cooking is always good, and important for morale. My indoor walks outside my flat are limited to taking my rubbish to the bin, putting my post in the mailbox, and going up to the laundry to do my washing. I play games on-line, read avidly, do crosswords, use Photoshop to create designs; and in the evening after the news and a tempting supper, I watch TV on-demand.

I am greatly missing my U3A groups - particularly, folk singing - hoping to find a radio programme I can sing along to. We are going to try our next Folk Song Group meeting on Zoom, a video conferencing App which I am not familiar with; now there's a techie challenge for elderly folk like me!

C is for Culture: many Museums and Art Galleries have virtual tours - not just the ones in England, such as the British Museum and the National Gallery - look further afield for the Uffizi in Florence, the Hermitage in St Petersburg, and the Prado in Madrid - you probably have your own favourites.

C is for [guess what?!]... [continued]

C is for Crafts and Creation - something to help you feel a sense of achievement. Whatever your skills are, now is the time to use them to the full, and develop new ones. Have courage: write that book or poem, paint that picture, build that piece of furniture, redecorate that room, plant the garden if you have one. If you play an instrument, open the window and play for your neighbours. Knit that complicated jumper.

Or, learn a new skill? There is an unending supply of help on-line - languages, yoga, archaeology: any subject you could possibly be interested in. I was interested to learn that Isaac Newton made some of his greatest discoveries while in isolation from the plague that was ravaging Cambridge at the time.

C is for Cossetting and Cherishing. I'm talking about ourselves. Morale needs constant encouragement with little treats - favourite foods, chocolate, a beloved book or piece of music, an afternoon nap, a chat on the phone or Skype with family.

Finally, accept what cannot be changed, never lose hope, and try to focus on the structure of your day. This is where the little treats are so important.

If you are going to watch the news you will need your glasses. Make sure both of them contain a good stiff gin.

Stay safe - we will get through this.

Laurel Cooper (91, and counting)

Ramblings during Lockdown

Will we be able to recognise each other when we emerge from lockdown? Hair will have grown (unless you are lucky enough to live with a hairdresser) it may very well have changed colour and there will be more than 50 shades of grey on show. I look forward to seeing members with beards and ponytails, not necessarily on the same person.

One of the few good things to have happened, as a result of spending so much time at home, is having the time to clean out cupboards. And this is where I have discovered a treasure trove of jars, bottles, packets, tins, ampoules and tubes promising to improve the way I look. I am not sure where they all came from or how old some of them are, but one or two are priced in shillings & pence!

For the body, I have super smoothing body butter, creams, lotions, serums, moisturiser and balm which all promise intense hydration and a reverse of the signs of ageing. For the face and neck, I am told to expect visible super restorative brightened, tightened, revitalise renewed skin, plus a radiant golden glow! I appear to be storing an array of chemicals including antioxidants, hyaluronic acid and pro-retinol.



Now I have lots of time, I am determined to put some of these tantalising promises to the test. I have spent a good deal of time trying to apply a face mask, in readiness for the new me, though not sure it will protect me from the virus!

After many pampering sessions, I hope to emerge, as from a chrysalis, with a regenerated, unlined, luminous glowing face and a wonderfully smooth and supple hydrated body. Just don't look at my hands, they will be red raw from so much washing.

(Written by "Anon" Member No: x50.)

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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