

Dear Member

As we reported in our last newsletter, your Executive Committee has begun to reinvent what we do as a U3A and to consider new ways of supporting you, the members, until we can get back to normal again, whenever that might be.

We are now holding regular weekly 'virtual' meetings of the committee, and one of the ideas that came out was we should do some research into what our large supermarkets are doing to help older, vulnerable people who are now trying very hard to 'shield' themselves from the coronavirus. We report on our findings below.

Our Quizzers interest group had been working hard on a special U3A Guernsey flavoured quiz, which was intended for our (now postponed) U3A Open Day in June to test members' knowledge of what we do.

Christine Robert, the group convenor, came up with the alternative of publishing the quiz in this newsletter. So, we are very pleased to be able to publish it below. There may even be a prize...

Our appeal in our last newsletter for any member to nominate an 'Email Buddy' (a friend, a neighbour or a family member), got a zero response, which I suppose is a good sign that everyone is getting our news. But the offer is still there; just ring on the U3A phone line (07781 193333) and leave a message with the details of your 'Email Buddy' or get your 'Email Buddy' to provide their email address to Gill Slimm, our Membership Secretary, at: u3aguernsey.membership@gmail.com together with your membership number.

The other offer in our last newsletter to get U3A members new iPads was quickly taken up by five members. And just in time, too, as Guernsey Computers soon sold out to other customers and are now out of stock. But if any member is still struggling to get hold of one, then please send us an email or phone our master phone number (as above).

Even if you have never heard of him before, now is the time to consider what Mr Motivator has to offer. One of our members, Wendy Greenway, came up with the suggestion - read more below.

And to round things off in this edition of our newsletter, a bit of naughty humour from the front line...

À la perchoine; when this is all over...

Ian Daish

Chairman & Newsletter Editor, U3A Guernsey

Learn, Laugh, Live!

Is Shopping a Problem for You?

Whilst we are in 'lockdown' in Guernsey and keeping our 'social distancing', most U3A members will also now be 'shielding' at home.

Although most of us are now very familiar with what 'shielding' entails during the Covid-19 community lockdown, are all of our supermarkets also similarly aware?

The States recommend that all vulnerable people should be 'shielding'. They define vulnerable as anyone aged over 65 and/or who has an underlying medical condition. 'Shielding' is a measure to protect vulnerable people by minimising interaction with everyone else. In this regard, the States recommend that such vulnerable people:

- Should not leave their homes (except for up to two hours of safe exercise away from anyone else).
- Should not go out for shopping (unless there is no other option) and, when arranging food or medication or any other deliveries, these should be left at the door to minimise contact.

Everyone is in 'lockdown' to stop the SPREAD of coronavirus if they get the disease. Whereas vulnerable people are 'shielding' to not only help stop the spread, but much more importantly to AVOID getting coronavirus at all, as it could have much more serious consequences.

With the possibility that we may have to stay 'shielding' for an unknown length of time, it is important that the main supermarkets should be now working on new operating structures to allow those that are 'shielding' to get food and essentials delivered to their homes, or at least to be able to order and collect supplies in a 'safe' manner without having to actually go into a shop.

Whilst limited groceries are now being delivered by the island's catering wholesalers, the choice is generally basic and does not include essential non-food items such as soap, personal hygiene products, batteries, etc. We could possibly 'get by' using these wholesalers for a couple of months, maybe, but not much longer.

What we really need is to get ALL the supermarkets in Guernsey offering home deliveries and/or order & collect services. With that in mind, we decided for the benefit of U3A members to find out who's doing what. We report overleaf:

Alliance (Tesco)

Alliance are currently only offering early opening hours for 'key workers' only.

When asked a week ago whether they would be starting home deliveries, they posted the following message on their FaceBook page: "We are not currently doing home deliveries but are constantly reviewing all options".

For an update on when or if they will start such a service, please look up their FaceBook page here:

[https://www.facebook.com/pg/Alliance Guernsey/posts/?ref=page_internal](https://www.facebook.com/pg/Alliance-Guernsey/posts/?ref=page_internal)

Coop

The Coop is offering a limited emergency delivery service to help vulnerable islanders who are self-isolating and who have no friends, family, neighbours, or work colleagues who can buy and deliver food to them and no other means of buying essential food items.

They have two food boxes to choose from. These are either a large or a small box, both of which include essential items such as tinned goods, protein, basic cleaning products and bread, milk, butter etc. Items in the boxes cannot be changed.

You need to call their helpline on 01481 231155 and press '1'. The Coop will then contact you to confirm the price of your shopping and take a card payment over the phone.

They aim to deliver within two days. The store will advise you what time the food will be delivered when they contact you for your payment. The delivery driver will contact you when they are at your home and will leave your shopping at the doorstep with your receipt inside.

For more information, please look here: <https://www.channelislands.coop/gg/food/essential-emergency-deliveries-faqs/>

Iceland

Iceland are opening their shops 30 minutes earlier than normal "for the most vulnerable in our society to offer a safer shopping environment for those most at risk to coronavirus".

Two weeks ago they posted on Facebook that they "are in the process of setting up a food box delivery service", but nothing further appears to have been announced.

For more information, please look here: <https://www.facebook.com/IcelandCI/>

M&S

M&S have started a "We Select, You Carefully Collect" service on 7th April based at the St. Peter Port food shop (only). The service appears to be open to everyone, with no restrictions on who can use it. Details of exactly how it works could not be found on either the M&S or Creasey's websites. However, it appears that the service was swamped over the Easter weekend to the extent that it has been temporarily withdrawn.

For an update on when M&S may re-commence this service please look up their FaceBook page here: <https://www.facebook.com/yourmarksandspencerguernsey/>

Morrisons

Morrisons are offering a delivery service to help "the vulnerable and those in self-isolation". They are offering Food Boxes designed to provide everyday essentials that are expected to feed two people for a week. Each box contains £30 worth of groceries, which will be determined by Morrisons depending on what they have in stock. There is a £5 Delivery Charge making £35 total cost. Orders can be placed up to five days in advance. You can order online at: www.food.gg/morrisons Or order by phone: 07911 748008 between 10am and 4 pm. All payments must be pre-paid over the phone or through Food.gg prior to delivery. There is a limit of two boxes per order.

For FAQ's please visit: www.sandpiperci.com/morrison-food-home-delivery

Waitrose

Both of the Waitrose Guernsey stores have put in place an 'Emergency Home Delivery service'. This very new service is being restricted to only those costumers that at present cannot leave home as they are self-isolating and do not have family, friends, neighbours or anyone else who could shop for them and who have no other means of shopping for food.

This service can be accessed by calling either branch (Admiral park 01481 729222 / Rohais 01481 729888) in the mornings between 8am & 12pm (Monday to Friday) and is Free Of Charge if you meet their strict criteria. Unlike other supermarkets, they are offering choice of food and other essentials from a limited list, plus some extras even for your dog or cat. Waitrose have provided U3A Guernsey with this list and it can be reviewed via this link: [Emergency Home Delivery Service - List of items available.](#)

At present, neither store can offer their 'Home Delivery' or 'Click & Collect' service options that they provide from many of their larger stores in the UK.

But we are pleased to announce that today (Thursday 16th April) Waitrose here are commencing for all vulnerable customers a live trial of a new special 'Call & Collect Service'.

The way this works is that customers phone and place their orders. You will then be told when to drive to Waitrose where a staff member will place the goods in the boot of your car.

This will be from their Rohais Store only, where they have created 4 shopping bays in the car park, so that customers can collect their goods in a contact-free environment. This service will offer three options which can be reviewed here: [Essentials, Vegan Essentials or Gluten Free Essentials](#), plus a Bolt Ons selection.

The packages being designed to provide customers with basic daily needs. Please call Waitrose in the Rohais on 01481 729888 to place your order.

[We would like thank Kevin Stone and Rachael Coleman, Branch Managers at the Admiral Park and Rohais stores respectively, for their special help in compiling this information for the benefit of U3A members.]

Finally, We should mention that the States Covid-19 webpages provide excellent information on everything, not least, information on how to "shield" and a list of all of the other shops, stores and warehouses offering home deliveries for everyone. Either click on these links, or look them up yourself on the www.gov.gg website.

The Quizzers' Quiz!!

Our Quizzers interest group spent many hours beavering away at the production of a special U3A Guernsey Quiz to test everyone's knowledge of U3A activities especially for the planned National U3A Open Day on 3rd June. When this event got cancelled (but rescheduled now for 1st October), the group decided to offer the quiz for inclusion in our newsletter, instead. So, here it is!

There are no prizes, but we think you will enjoy testing your memory skills and have fun doing it. The answers have been posted on our website in the Quizzers group section on the Groups page. So, as an extra challenge you need to find your way to the website and the correct page and all will be revealed. We wish you all the best of luck!

Questions – General Knowledge

1. Who said, "I think therefore I am?"
2. What name is given to a Bridge Tournament?
3. What connects back, stem and chain?
4. Who designed the spider sculpture which was exhibited at Tate Modern in 1999?
5. In Spanish, what are "sierra" and "cruz"?
6. Who was the oldest Guernseyman to have swum the English Channel?
7. What type of paint sounds like it is a natural casing?
8. What connects dovetails, fingers and tongue and grooves?
9. In which game is "The Benny" used?
10. Which year did Victor Hugo first come to live in guernsey?
11. Who was "leaning on a lamp post at the corner of the street, in case a certain little lady comes by"?
12. Where in the world did the U3A start?
13. How many lines does a Haiku have?
14. What is Mexican Fleabane commonly called in Guernsey?
15. What is the name of the Russian metal urn used for making tea?
16. In scrabble how many points would the word "javelin" add up to?
17. Which sport made its debut as a demonstration sport at the 1972 Olympics but was officially included in the Olympic programme of 1992?
18. Michael and John Darling appear in which pantomime?
19. In which craft are "fat quarters" used?
20. How many legs does a lobster have?
21. The red wine Barolo is from which country?
22. In technology what word is "app" short for?
23. A hoedown is what type of dance?
24. Who, born in 19th Century, was attributed to be the founder of psychoanalysis?
25. What does a "barista" serve?

Anagrams – All relate to activities offered by U3A Guernsey

1. Queen Pat
2. Plead
3. A bent listen.
4. Hippy School
5. Grande grin
6. I Cathi
7. Grin wad
8. I crave grit twine
9. Shin spa
10. Raw fielding
11. You're shy reign.
12. Proud Garam
13. Chapay grill
14. Rich O
15. Tom Walker
16. Sac wheel bombs
17. Basil rice dog
18. Tapless
19. Call their goat.
20. Mind a frenetic three.

20 Cryptic Questions - answers are all activities offered by Guernsey U3A

1. Why go backwards before indefinite article?
2. A friendly way to span troubled water.
3. Sounds like 24 sheets of paper.
4. Up the creek without one? Disaster.
5. What do you get if you cross kangaroos with a guernsey?
6. L-plates required pour ca.
7. Some say it wouldn't work, but this group say differently.
8. Summer only Kay and sovereign go on the water.
9. L-plates for grumpy old so-and-so and 18th letter.
10. Following in the footsteps of Bailey and Fitzgerald?
11. Strutting your stuff in the US, but not on a circular orbit.
12. One night in Bangkok at the musical,
13. Not the sort that are multi-coloured and sweet! These would give you splinters.
14. Eureka! They've found the Shiraz!
15. In verse, or worse, they love it.
16. It's life Jim, but not as you know him. Step out of the spaceship!
17. The answer can usually be found, in part, if you flip a dollar.
18. Change the letters of local patio – or several.
19. Maple -leaf country, minus D plus ST
20. They suffer brain strain for a ploughman's sake.



From Wendy Greenway

Re: Mr Motivator fitness for U3A

I have come across this and I thought it might be of interest to U3A Guernsey members during these strange times!

These exercises I am sure will be suitable for the varied ages of our members.

<https://www.youtube.com/watch?v=WzUIM7b1f24&feature=share>

From Ian Daish, Newsletter Editor

Hi Wendy

Many thanks for this. You are right on the button with this, as it is also featured in the latest National U3A Newsletter. If you haven't yet signed up for it you can find it at this web address:

www.u3a.org.uk/newsletter

Humour from the front line...

A suspected Covid-19 male patient is lying in bed in the hospital, wearing an oxygen mask over his mouth and nose. A young student female nurse appears and gives him a partial sponge bath.

"Nurse," he mumbles from behind the mask, "are my testicles black?"

Embarrassed, the young nurse replies, "I don't know, Sir. I'm only here to wash your upper body and feet."

He struggles to ask again, "Nurse, please check for me. Are my testicles black?"

Concerned that he might elevate his blood pressure and heart rate from worrying about his testicles, she overcomes her embarrassment and pulls back the covers.

She raises his gown, holds his manhood in one hand and his testicles gently in the other. She looks very closely and says, "There's nothing wrong with them, Sir. They look fine."

The man slowly pulls off his oxygen mask, smiles at her, and says very slowly,

"Thank you very much. That was wonderful. Now listen very, very, closely:

"Are - my - test - results - back?"



U3A Guernsey Website



U3A Guernsey (Closed) Facebook Group