

MANSFIELD & DISTRICT

u3a
learn, laugh, live

NEWSLETTER



JANUARY 2021

Website: www.u3asites.org.uk/mansfield/home

Flickr: www.flickr.com/photos/mu3a2016

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Words from Madam Chair Amanda Kingswell

I hope that you have all had a good Christmas, under these strange circumstances.

Well, at Christmas time we usually like to pull a cracker, but I decided to be different this year and pulled a muscle in my back the Sunday before so I've been between laying down and standing for short periods...this past Sunday was the first time I'd been able to reach my feet thus able to get dressed.



Still sore now but I can walk although bending is painful.

Russ has extensive experience in cooking...any boxed quiche, pizza or tinned item he is spot on...however he stepped up to the plate and said he wanted to give Xmas dinner a go so I told him how to and for how long and sorted his time plan...and he and the kids prepared Xmas dinner and cooked it.

They/he did a fantastic job and we sat down to it a little after 2pm and it was delicious.

He's had to do all the cooking since and he's done a sterling job, the 28th was the first time I felt confident to attempt any cooking.

I wish you all a very Happy and Healthy New Year, let's keep our fingers crossed that 2021 is better than 2020.

Amanda xx

Words from the Editor Bill Harrison

May I start by wishing all our u3a members a very Happy/Healthy New Year 2021.

And what a year 2020 was, as though you all don't need reminding, but through the powers of technology we have managed to keep in touch during these troubled times.

It was so refreshing to see so many of you online, participating in the Zoom meetings, and special thanks to Yvonne/Mick Kennison for going to so much trouble in setting these meetings up.

Due to the new restrictions announced on Monday 4 January, and no end in sight, our Group Leaders are striving to bring you up to speed with information they have, and the inclusion of Zoom meetings are bringing the groups closer by staying in touch, so please participate where possible.

Thank you to the contributors for information received for the Newsletters, please keep it coming in, everyone is relying on all the updated information.

When making contributions to the Newsletter, could you please adopt the new u3a logo, this should be typed in lowercase u and lowercase a. As agreed by the Committee, following Headquarters' decision for the new logo on all correspondence.

Please send contributions for the next issue to bill20newsletter@gmail.com or by hand to Bill Harrison as soon as you can and by the 1st of the month at the latest. Thanks!

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IMPORTANT Covid-19 INFORMATION (at the time of going to press)

We have had direct contact with the Director of Nottinghamshire Health Informatics Service who has confirmed that people who are aged over 80 and live in Nottinghamshire can book appointments at Kings Mill on line using the link below or by telephone.

Book your coronavirus (Covid-19) vaccine appointments now

You can book your **free** NHS coronavirus vaccination appointments online at <https://www.swiftqueue.co.uk/nottinghamc19vpatient.php> or by contacting us by telephoning 0115 883 4640 between 09:00 & 17:00 Mon to Sun.

We have sent you this letter as experts recommend that people in your age group are among the first to get the vaccine. This is because evidence shows that risk of serious illness because of coronavirus increases with age.

Vaccination slots are limited but more slots and new vaccination sites will be available throughout December and January.

About the coronavirus vaccine:

The coronavirus vaccine is free of charge to you.

You need 2 doses of the vaccine to get the best protection from the virus. Each dose must be at least 21 days apart. When you book your first appointment, you will also need to book your second appointment.

For more information please visit www.nhs.uk/covid-vaccination

Some people may not be able to get this vaccine at the moment. If you have had bad allergic reactions in the past, it is important that you read all the guidance. You can also ask our GP for advice before booking, or discuss it with a health professional when you attend your appointment.

If you need to bring someone to support you at your vaccination appointment, please only bring one person. Avoid bringing large bags or personal items.

You may also receive an invitation by text message from your GP. If you have booked through your GP route, you don't need to book again.

TEAM ENGAGEMENT (NHS NOTTINGHAM AND NOTTINGHAMSHIRE CCG)

Covid-19 vaccination toolkit

Dear Colleagues,

Please find enclosed the link to the Covid-19 Vaccination Toolkit.

You are welcome to share widely with your communities.

Apologies if you have already received this.

<https://mailchi.mp/d9e24758f63b/covid-19-vaccination-toolkit-edition-1>

We will be releasing further editions of the toolkit on a regular basis to ensure you receive the most up to date information.

Many thanks

The Communications and Engagement Team
Nottingham and Nottinghamshire CCG

Covid – 19 VACCINATION: Jean Kirk

Happy New Year to all our members.

Just thought I would let you know; I had my vaccine on Monday 4 January at Kings Mill. It was so well organized and efficient - no side effects. Sadly, there is still misinformation and doubters but I would advise anyone who has the opportunity to have the vaccine.

Regards - Jean

New Year's Eve 2019 Poem by Bill Harrison

No one would believe
On New Year's Eve
What was about to come
Out with the old, and in with the new
Things got worse, as 2020 grew.

Whatever resolutions you may have made
Our memories of 2019, soon would fade
For New Year's Eve 2019
Unknown to us, soon became Covid-19.

No one would believe from a faraway place
Far from over the China seas
That millions of humans, were about to die
Stricken by a deadly disease.

Just goes to prove how fragile we are
As the Corona disease travelled from afar
Bringing the world down to its knees
We had no cure for this terrible disease.

The first wave came, a second one too
As the public left their room
Much to the annoyance of others
Stuck inside on a meeting with Zoom.

Twelve months have passed by
And Covid-19 is still around
With the Brexit deal all over
Let's keep our feet on the ground.

The year 2020 drew to a close
Let us never, say never forget
Remember our loved ones
Who are no longer here
The ones we have lost in that terrible year.

New Year's Eve 2020
Let's take stock of what's behind
As we who love thy neighbours
Resolutions we make to be kind.

Let positivity rule our lives
As we pull together as one
Out with the old 2020
And in with the new 2021.

ZOOM MEETING: Talk by Dawn Blunden

On 15 December we held a Zoom Meeting at which 50 members logged on (43 screens - seven of which shared a screen with their partner).

We had a good three quarters of an hour chatting with one another before our speaker Dawn Blunden joined us.

Once we had mastered the job of muting everyone and setting her up as host, we were treated to a photographic display of some of the most spectacular cakes she has produced for her clients, ranging from designer shoes to a fully detailed peacock.

She was also successful in being chosen to make the wedding cake for Prince Charles and Camilla and all the extras that were commissioned on that day for guests and for sale in the Highgrove Shop.

Having made such a good impression on the heir to the throne, he then asked her to make Camilla's 60th birthday cake, and his own 60th birthday cake which took the form of his walled garden at Highgrove (see photograph).

Dawn was also asked to make Prince Charles' 70th birthday cake and a floral bouquet in icing for Her Majesty the Queen's 80th birthday.

Dawn opened her business in Woodhall Spa, Lincolnshire in 2003. Her love and passion for this creative art form started over 30 years ago and for over 25 years of those she's been teaching, alongside baking and decorating cakes.

She now passes on her experience and knowledge of this fascinating subject, tutoring at her shop.

The talk was entertaining and amusing and I think we were all engrossed for a solid hour.

Well done Philip for finding Dawn and arranging for her to entertain us.

Here are a few pictures of the beautiful and creative works by Dawn Blunden

Permission was given by Dawn to publish her pictures

Her amazing skills can be viewed on her website:

www.sophisticake.co.uk



Spring is on its way with Daffodils



David Austin Roses



Hand Made Sugar Roses and Leaves



Feather Cake



Hand Painted Sugar Cards



Sugary Summer Dahlias



Hand Crafted Orchids





HRH Prince Charles 60th birthday cake



Handcrafted Tea Cup. Everything stops for Tea

NEW YEAR'S EVE ZOOM QUIZ NIGHT

Thank you to everyone who joined in to make our New Year's Eve get-together a success.

Pauline and Ian had put together a very intriguing quiz with 48 questions ranging from Pantomime, which surprisingly turns out to be my specialist subject, to General Knowledge (not so specialist for me).

Jean Hatton and Jacqueline and Ian Harkin share joint leader kudos. Jean then introduced a game of:

"Guess the Celebrity" which everyone joined in with enthusiasm.

We spent two hours in one another's company and it certainly beat sitting in front of the rubbish that has been on the TV lately.

We have agreed to start a quiz league, while this pandemic lasts, and Sue and Bob Longden have agreed to compile the next Zoom quiz.

Watch out for details. Happy New Year everyone. Stay safe Yvonne & Mick

BATES FARM SHOP PENNIMENT LANE

I'd like to let you know that I go weekly to Bates Farm Shop on Penniment Lane, Mansfield NG19 6PH. Tel: 01623 634195.

They have a full butchery department plus cold meats, bread, cakes, flour, eggs, fruit and vegetables.

I've felt safe there as the place is spotless and they rigorously enforce mask wearing and social distancing.

They do home deliveries twice a week on Wednesday & Friday!
(If you ring on Tuesday, the delivery is Wednesday and if you ring on Thursday the delivery is Friday.)

There is no minimum charge to spend on goods and no delivery charge.

The whole process is easy - you ring up, they take details and ring you back with the cost and then take payment by card.

Wishing all our members a very Happy and Healthy New Year 2021.

Marie Barrow

ZOOM MEETING 19 January 2021: Guest Speaker, Dr James Taylor

THE HISTORY OF POSTCARDS

I have had confirmation from Philip Tucker that our speaker for 19 January is Dr James Taylor and he is going to talk to us about the history of postcards.

The meeting will start at 10.00 am and details on how to join will be sent out two days beforehand.

Thank you Philip Tucker for arranging the guest speaker.



STROLLERS: Sue Howlett, Val Hart

As we have now received news of the current 'lockdown' there will not be a Stroll in January or February. We will contact members of the group as soon as we can fix a definite date. It is very disappointing but we have to respond to current conditions. Our first walk whenever it is will be in Edwinstowe.

Each walk will be between 1.5 and 2.5 miles.

As it is hard to predict what conditions may be in force at the time, we will make Edwinstowe our first destination followed by Vicars Water, Portland Park and Teversal Grange.

Anyone not already on our list of Strollers should let Sue Howlett know that they are interested, giving contact details.

Nearer the date, Strollers will be contacted to confirm there is a walk, where it starts and times.

It may be necessary to break into smaller groups to enable the walk to meet current restrictions but we will walk if conditions allow.

Best wishes for a Happy and Healthy New Year

Please contact:

Sue Howlett - 01623 627423

Val Hart - 07745208248

PROPOSAL OF NEW UPWORDS GROUP

I wondered if anyone would be interested if I started up an Upwords Group online.

It's a bit like Scrabble; if anyone is interested, they would need to download the App and contact me and I could invite them to a game.

It's a two-person game and you can have multiple games going on at the same time with different people over a period of however long it takes for someone to win. It's great for anyone who likes Word Games.

I also play Canasta with Ashfield u3a but as we can't get together, we have started online games. These are for four people and we arrange a date and time to play. If anyone is interested, I'd be happy to sort out a game.

You can contact me on: **01623-661401**

Best wishes for a Happy and Healthy New Year.

Sheila Pegg

TAI CHI Group: Lorna Pye

It used to be a large class of 30+ taking part when we were at St Johns Centre, chatting amongst ourselves until Ken arrived.

Many did not like the idea of online exercise, but there are 18 of us who log in to Zoom every Monday morning to try to keep ourselves in some sort of shape. We still all have a chat until Ken mutes us.

It has been good fun and, for many, a chance and a challenge to do some rewarding exercise in the privacy of our own home and with qualified instruction, you can do them sitting down if you want to.

Everyone who has joined us wants to continue into the New Year. So, I have arranged with Ken to restart the Zoom classes on 11 January through to 29 March 2021.

I have assumed that there will be no alterations to the Coronavirus restrictions before Easter.

We would welcome any members of Mansfield u3a who might like to join the group.

Just let me know.

Best wishes for a Happy and Healthy New Year

Lorna Pye

Tel 01623636060

Email harry.pye@ntlworld.com

GARDENING GROUP: Marilyn Dibble, Janet Whitlam

Hope you all enjoyed a safe and peaceful Christmas

I've booked a live Garden Group talk on Zoom from Martin Fish for Tuesday 2 March at 10.00 am.

I'll send out Zoom details and connection information nearer the time.

It's something lovely to look forward to in these quiet times.

And we can look forward to a much brighter New Year.

Best wishes for a Happy and Healthy New Year

Marilyn



**New Year Walk
Clumber Park and Lake Circular
January 2021**

Cancelled due to new Covid - 19 restrictions

Dear All,

Unfortunately, due to the new Covid-19 restrictions announced Monday 8 January we have to cancel all our future walks until further notice.

I will be in contact with you all again as soon as we are able to recommence our walks.

Meanwhile we wish you all the very best for the New Year and hope you all stay safe and healthy.

Best wishes,

Ken White & Val Hart



**Birdwatching & Wildlife Group
Attenborough Nature Reserve, Nottingham
January 2021**

Cancelled due to new Covid - 19 restrictions

Dear All,

Unfortunately, due to the new Covid-19 restrictions announced Monday 8 January we have to cancel all our future outings until further notice.

I will be in contact with you all again as soon as we are able to recommence our activities.

Meanwhile I wish you all the very best for the New Year and hope you all stay safe and healthy.

Best wishes,

Ken White.

BIRD WATCHING GROUP: Ken White

Attenborough Nature Reserve

Thursday 14 January 2021 (Now cancelled due to Covid-19 restrictions)

Our first outing in 2021 should have been to Attenborough Nature Reserve where at present there are some interesting birds to be seen recently like Red-Necked Grebe, Caspian Gull and a Cattle Egret a bird not normally seen in the UK in summer never mind this time of year.

During our visit there in January last year, we saw a Water Rail right at our feet close to the Café together with Kingfisher, several Woodpecker sightings, Goosander, Teal, Pochard, Goldeneye, Crested and Little Grebes, Gadwall, Shoveler, Tufted Duck, Wigeon and various types of geese.

The reserve covers 145 hectares of lakes, wetland, grassland and scrub. It sits at the confluence of the Rivers Erewash and the Trent, and is part of an area designated as a Site of Special Scientific Interest (SSSI).

There are large lakes formed by the flooded gravel pits, known as Church Pond, Clifton Pond, Main Pond, Tween Pond and Beeston Pond, plus drier areas of scrub and grassland such as Corbetts Meadow and Erewash field.

There are also areas of native willow and woodland.

Here are some photographs of the birds we hoped to have seen...



Red-Necked Grebe



Cattle Egret



Goldeneye Duck



Goosander Duck

I have cancelled all Birdwatching and Pathfinder activities for the foreseeable future due to the Covid-19 restrictions, all members of both groups have been notified,

Tel: 01623 617136 or email ken@atrain.org.uk

Wishing everyone a Happy and Healthy New Year

Regards

Ken

A History of Attenborough Nature Reserve

Attenborough Nature Reserve 10,000 years ago

Attenborough Nature Reserve represents a link in a series of nationally important biological sites across the British Isles. Whilst activities of humans have led to the creation of this habitat, it has largely re-colonised naturally and taken the place of the natural floodplain wetland resource which has been lost from much of the East Midlands.

At the end of the last Ice Age some 10,000 years ago, the River Trent was swollen and flooded from ice melt. The flood water subsequently deposited gravel which was carried down from the surrounding hills over the valley. This was a very important event in the site's history as the following development of the site is owed to this natural history event. Prior to sand and gravel extraction, the area formed a large series of wet meadows, oxbows, wet flashes and varied deposits of organic and mineral materials. The alluvial deposits supported good grazing and hay meadows, providing habitat for a wide variety of wetland and farmland birds.

There have been a number of historic artifacts uncovered at Attenborough Nature Reserve including mammoth tusks from the Ice Age, an early medieval wooden mallet, coins and even Roman boot studs!

1086: Domesday book

Attenborough was first mentioned in the Domesday Book as consisting of 100 acres of pasture and 4 acres of willow holt.

Attenborough Nature Reserve was established in 1966 and opened by Sir David Attenborough. The reserve is best known for its birds.

The area is an important site for winter wildfowl and often holds a high proportion of the county's Shoveler and Diving ducks, with larger numbers of Mallard, Teal, and occasionally Wigeon.

Scarcer wildfowl such as Sawbills and Sea Ducks are recorded regularly and cormorants are common.

All the British Grebes have been recorded. In the spring and autumn, many migrants' birds pass through and the Delta area attracts a wide range of Waders in small numbers including the Iconic Bittern.

Species found include Sand Martins, Bitterns, Kingfishers, Cormorants, Great Crested Grebes, Reed & Sedge Warblers, Shelducks, Terns, Shovelers, Widgeon, Sawbills, Sea Ducks, Otters, Bats, Butterflies, Dragonflies, Voles, Shrews and Harvest Mice.



January 2021

Hello and Happy New Year to you all.

Although things are still looking grim, let's hope that the situation will improve as the year goes on and gradually start to return to normality!

On a positive note, from now on the days will start to lengthen by a few minutes a day and once we get towards the end of the month the garden will gradually start to wake up.

Already bulbs are pushing through the cold soil and we've seen our first snowdrop. Winter flowering shrubs such as Mahonia 'Charity' with its sulphur yellow flowers is in full bloom and Viburnum x bodnantense 'Dawn', Sarcococca confusa and Lonicera fragrantissima, all which have a sweet, delicate scent will soon be in flower.

To spend a little time out in the garden on a dry, sunny day as plants are starting into growth is a wonderful thing and I think more than ever this year, we will appreciate what nature has to offer.

As a result of the ongoing pandemic, garden clubs are still unable to meet as normal and it certainly looks like virtual Zoom meetings will be around for several more months.

It's great that so many clubs and societies are keeping going and in contact this way and although I've missed speaking to many of you in person, it's been lovely to meet new groups in other parts of the country that would normally be too far to travel to.

Jobs for the garden with Martin Fish

If you fancy growing some forced rhubarb, now is the time to cover over an established clump with a large up-turned bucket or forcing pot. Excluding the light will start it into early growth to produce sweet, pink sticks in early spring.

Carry out repairs to gates, fences, trellis and sheds to help keep them in good condition. A few drops of oil on padlocks and hinges will make all the difference!

There is still plenty of time to lift established clumps of herbaceous perennials and divide them into smaller pieces to replant around the garden, but not if the soil is frozen!

Cut off the old leathery leaves on hellebores back to ground level. This helps prevent the spread of fungal leaf spot and makes way for the new flowers and foliage from the centre of the plant.

Check water features don't freeze solid in frosty weather as it can damage the pump.

Cut a few stems of evergreen foliage and colourful stems and pop them into a vase of water so that you can enjoy the garden in the house!

Wisteria can be given its winter prune by cutting side shoots back to a couple of inches from the main branches. It's on these short spurs that flower buds will develop in spring.

Carry on pruning apple and pear trees while they are dormant, by thinning out crowded stems from the centre of the tree and shortening tall, vertical stems back to a sideways growing branch. Keep preparing the vegetable plot by forking or digging over the soil and working in garden compost or well-rotted manure to increase the organic matter content.

If you still have apples stored in a cold shed, check them and remove any starting to rot. Late varieties such as Bramleys should keep in good condition through until March if they are cold and by now the fruits will be sweeter, making them perfect as a baked apple with cream!

This year seed companies are expecting a rise in sales as more and more people are getting into gardening, so make sure you order seeds as soon as possible ready for spring sowing

For more weekly gardening tips and advice from Martin visit "Pots & Trowels" on Facebook or subscribe on YouTube for

Happy gardening

Martin Fish.

www.martinfish.com

learn, laugh, live



It's getting boring now, hence the Covid-19 humour!

Have you had to wear glasses and a mask at the same time because of Covid-19?
You may be entitled to condensation.

Nail salons, hair salons, waxing centres and tanning places are closed. It's
about to get ugly out there.

Finland just closed its borders. You know what that means. No one will be
crossing the finish line.

So many Coronavirus jokes out there, it's a pandemic.

Yeah, I have plans tonight. I'll probably hit the living room around 8 or 9.

Why did the chicken cross the road? Because the chicken behind it didn't
know how to socially distance properly.

My husband purchased a world map and then gave me a dart and said,
"Throw this and wherever it lands—that's where I'm taking you when this
pandemic ends." Turns out, we're spending two weeks behind the fridge.

WRECKER

I'm a ruthless, unfeeling home- wrecker!
Oh yes, it's quite true. Now you know
And I don't give a fig for the victims
On whom I'm inflicting such woe.

And I'm paying no heed to your warning
That one day I'll reap what I sow...
Those cobwebs have been there for a week now,
And dammit, they've just got to go!

By Trishia Sturgeon, Mundesley, Norfolk.

NEW YEAR WINE QUIZ

The rain is falling ...into our third Lockdown... Tesco haven't delivered the food today... we've still weeks' worth of the 15kg turkey to finish... the only veg left is Brussel sprouts and we're down to the last bottle of wine.

So... open that bottle of wine, light the fire, pour out a glass and take the u3a New Year's Wine Quiz. You know it makes sense!

All 15 questions were checked when I was sober and you will find the answers in the February Newsletter. So, sit back, take a long drink and enjoy yourself!

1. From which language does the word 'alcohol' come?
a. Latin b. Greek c. Arabic d. Armenian
2. How many ordinary bottles of wine are contained in a 'Nebuchadnezzar'?
a. 5 b. 10 c. 20 d. 25
3. Which country has the largest area of vineyards?
a. France b. Spain c. Italy d. Australia e. USA

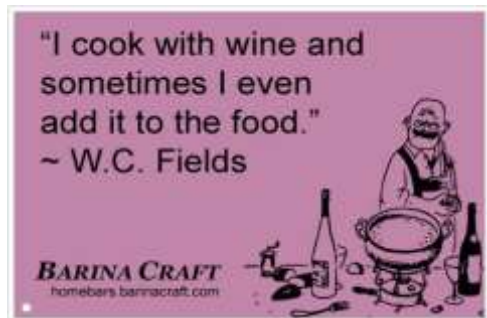
The first thing on my bucket list is to fill the bucket with wine!

4. White wine can be made from which of these?
a. White skinned grapes only
b. Green grapes only
c. Any colour of grape
d. Green and red grapes, but not black
5. Which country won the Gold medal for best sparkling wine in 2020?
a. USA b. Italy c. England d. France e. Australia
6. What does the word 'vintage' refer to?
a. The year the wine was bottled
b. The year the grapes were harvested
c. The year the vines were planted
7. What Italian wine does the grape Sangiovese form the basis of?

Whether the glass is half-full or half-empty, there's still room for more wine

8. How many bottles of champagne did Winston Churchill reckon he had drunk during his life?
a. 4000 b. 14,000 c. 40,000

9. What puts the 'fizz' into sparkling wine?
- Fizzy water
 - Carbon monoxide
 - sodium crystals
 - carbon dioxide
10. Which of the following gives the colour to wine?
- the flesh
 - the skin
 - the pips
11. What is the average number of grapes used in a bottle of wine?
- 200-300
 - 600-800
 - 900-1000
12. Which celebrity couple produced an award-winning rose wine?
- David & Victoria Beckham
 - Brad Pitt & Angelina Jolie
 - Elton John & David Furnish
 - Harry & Megan Sussex
13. What percentage of wine is water?
- 95%
 - 85%
 - 75%
14. In Ancient Rome, what was often added to wine to enhance the flavour?
- marble dust
 - iron filings
 - dried oregano?
15. Why can't you buy English champagne?



Thanks goes to Mike Allen for the New Year Wine Quiz.

First u3a member to send 15 correct answers to bill20newsletter@gmail.com

will receive a **virtual** bottle of the wine of your choice.

Answers will appear in the February edition of the u3a Newsletter.

Prayer of an Anonymous Abbess:

Lord, thou knowest better than myself that I am growing older and will soon be old. Keep me from becoming too talkative, and especially from the unfortunate habit of thinking that I must say something on every subject and at every opportunity.

Release me from the idea that I must straighten out other peoples' affairs. With my immense treasure of experience and wisdom, it seems a pity not to let everybody partake of it. But thou knowest, Lord, that in the end I will need a few friends.

Keep me from the recital of endless details; give me wings to get to the point.

Grant me the patience to listen to the complaints of others; help me to endure them with charity. But seal my lips on my own aches and pains - they increase with the increasing years and my inclination to recount them is also increasing.

I will not ask thee for improved memory, only for a little more humility and less self-assurance when my own memory doesn't agree with that of others. Teach me the glorious lesson that occasionally I may be wrong.

Keep me reasonably gentle. I do not have the ambition to become a saint - it is so hard to live with some of them - but a harsh old person is one of the devil's masterpieces.

Make me sympathetic without being sentimental, helpful but not bossy. Let me discover merits where I had not expected them, and talents in people whom I had not thought to possess any. And, Lord, give me the grace to tell them so.

“Amen”

We're not getting Old. We're getting awesome.

I've learnt how to multitask. I can now Laugh, Cough, Sneeze & Pee all at the same time!

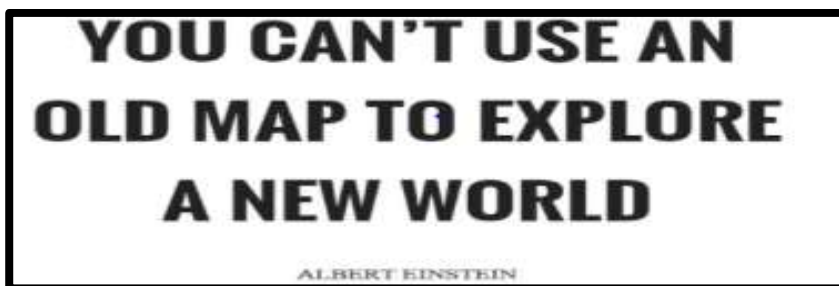
Time may be a great healer! But It's a terrible Beautician.

No Man is ever old enough to know Better.

THE YEAR 2020: Sent in by: Alan Miller

10 points to ponder over from 2020.

1. The most pointless thing I ever bought was a 2020 planner.
2. 2019: Stay away from negative people. 2020: Stay away from positive people.
3. The world has turned upside down. OAPs are sneaking out of the house and their kids are yelling at them to stay indoors.
4. This morning I saw a neighbour talking to her cat. It was obvious she thought her cat understood her. I came to my house and told my dog. We had a good laugh.
5. Every few days, try your jeans on just to make sure they fit. Pyjamas will have you believe all is well in the kingdom.
6. Does anyone know if we can take showers yet or should we just keep washing our hands?
7. I never thought the comment, "I wouldn't touch him/her with a 6-foot pole" would become a national policy, but here we are.
8. I need to practise social-distancing from the fridge.
9. I hope the weather is good tomorrow for my trip to the Backyard. I'm getting bored of the Living Room.
10. Never in a million years could I have imagined I would go to the bank with a mask on and ask for money.



IMPORTANT NOTIFICATION FROM YVONNE KENNISON

First of all, here's hoping that everyone is keeping safe and well. If anyone is struggling or needing any help in any way, please don't hesitate to let me or any of the Committee know. We will do our best to help in any way we can.

Email treasurer.mansfieldu3a@gmail.com or businesssec.mansfieldu3a@gmail.com

Membership for 2021/2022 is free for current members. New members: £17. Associate members £8.50. Cheques payable to *Mansfield and District u3a*.

Although subs are not required for 2021/2022, we will still require a Membership Renewal form to keep our records up to date and to comply with Data Protection when the time comes. (the Membership form can be downloaded from the website).

Event and Visit Payments

Members are reminded that deposits and payments for events and visits organised by Mansfield u3a and its interest groups are non-refundable, but places may be offered to others.

Please note: if you go on a trip/visit organised by a company, cheques for the event must be made out to the company, not Mansfield u3a.

Changes of Address, etc. Please contact the Membership Secretary, Jean Hatton on (0793 5707582) if you've changed your address, phone number or email recently so that she can update our records.

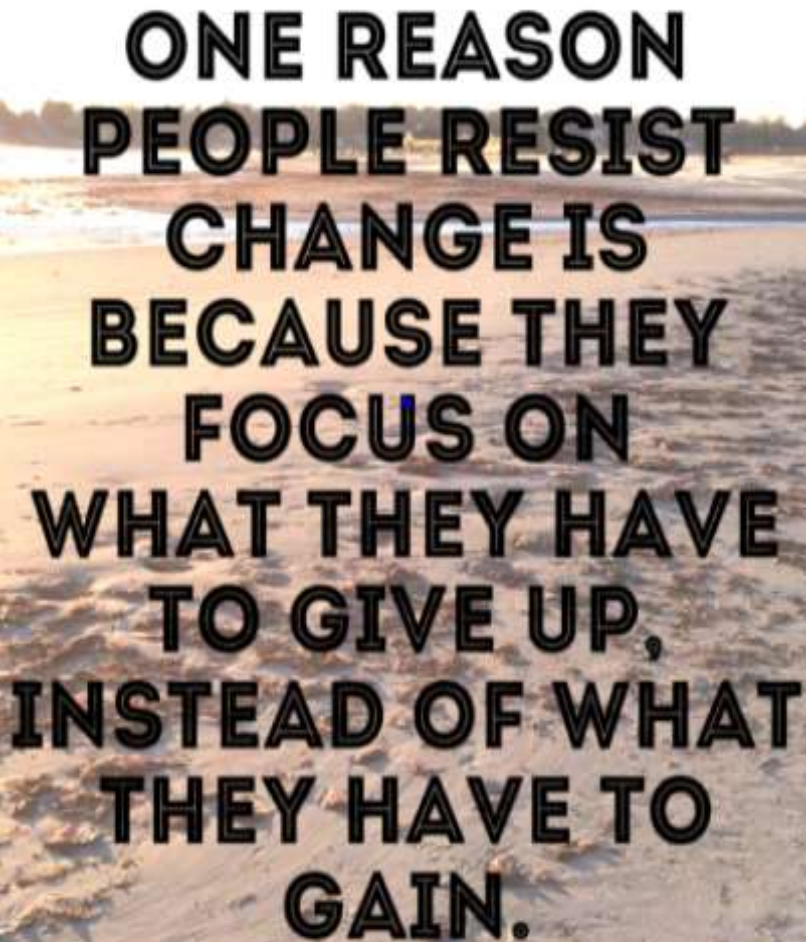
Disclaimer

The views expressed here are those of the contributors only, and do not necessarily reflect those of the Editor, the Committee of Mansfield u3a or the Third Age Trust. Nor can any responsibility be accepted for members' announcements or any errors that may occur.

Please send contributions for the next issue to bill20newsletter@gmail.com or by hand to Bill Harrison as soon as you can and by the 1st of the month at the latest. Thanks!

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The Third Age Trust
Registered Charity No. 1164177



**ONE REASON
PEOPLE RESIST
CHANGE IS
BECAUSE THEY
FOCUS ON
WHAT THEY HAVE
TO GIVE UP,
INSTEAD OF WHAT
THEY HAVE TO
GAIN.**

QUOTE by: RICK GODWIN

