

DESERT ISLAND TIMES

Sharing fellowship in

NEWPORT SE WALES U3A

No. 1

21 March 2020



Magnolia – a painting by Ros Lee

*A MISCELLANY OF
CONTRIBUTIONS
FROM OUR MEMBERS*

We face an unusual period of shut-down for Newport SE Wales U3A. The regular holiday closures we are used to and accept as a matter of course; the enforced two day closure in January when our centre had to be ventilated following an attempted arson attack was necessary for our health but, as we all knew, would be of short duration. This closure is totally different in that it is necessary for our health and yet of totally unknown duration.

It is completely unprecedented and we have to deal with problems of isolation, potential lack of supplies and, equally important, boredom. We are told to stay indoors except for essential trips to the shops or for exercise, make sure that we keep at least 2 metres (6ft 6in in proper measurement!) from others and not to have guests into our homes. This advice is excellent and, if rigorously observed, will undoubtedly have a positive impact on our present crisis. However, the boredom problem still remains. This little magazine aims to give our members something to alleviate some of this and will be sent out by email to everyone who has an email address registered with us. It is different from what you would expect from a magazine – usually you know by the title what to expect in terms of content. This is more of a surprise package as the content is what our members choose to submit – poems, stories, jokes, short articles and the like. Inevitably this first edition is the material which has arrived in my inbox since the appeal went out a few days ago. However, every one of you can influence future editions by submitting whatever you think other members would find interesting or at least provoke a laugh!

The cover has been greatly enhanced by a beautiful painting submitted by Ros Lee, who is convenor of our Craft group. I would love to have more artwork for inclusion – for me one of the main highlights of our Open Event is seeing the superb works of art produced by the members of our Art group.

The Classical Music Appreciation group is able to continue with notes about the subject under discussion and suggestions for listening via YouTube. Please let me know if you would like to be included in this.

We would like to start other initiatives for what of necessity has become the Open University of the Third Age – using distance learning! I have included some suggestions elsewhere in this edition, but please feel free to let me have other suggestions. And don't forget to keep the contributions rolling in – this venture will be as good as its contributors make it, and I know there is a wealth of talent in our U3A!

Keep safe and keep active – and keep in touch!

Stephen Berry, Chairman

Isolation

To be put in isolation
Is a very strange sensation,
That very few've experienced before,
But the government adjuration
For social separation
Is one it would be foolish to ignore.

So there must be alienation
And total segregation
From our family, though they may not be infected.
There could be contamination
From the younger generation
As carriers, and the old should be protected.

An enforced incarceration
Of the older population
We're told is vital for our benefit.
We must accept the situation,
Not with aggravation,
But with fortitude and with true British grit.

Just imagine a vacation
In some far off location,
To keep our spirits up, let's not be fearful.
Find some indoor recreation
Or practise meditation.
Anything that helps to keep us cheerful.

Though we're in hibernation
We're phlegmatic as a nation,
We shan't panic or drink until we're blotto.
Til there's an indication
Of a cure or vaccination,
"Keep calm and carry on!" will be our motto.

.....

Pam Cocchiara

SOCIETY SHUTDOWN



**PRETEND YOU'RE ON READY
STEADY COOK BY TRYING TO
MAKE A MEAL FROM WHAT WAS
LEFT IN THE SHOPS; RADISHES,
SHOE POLISH AND A BLOUSE.**



POSITIVITY CORNER

It is hard for even the most optimistic among us to remain positive when surrounded by a virus that threatens severe illness, possible death, and drastic long-term life changes to how some of us live and work. It could even cripple the economy. It's easy to allow ourselves to stay focused on these issues that the media are constantly "catastrophizing" every moment of every day

Researchers are continually finding more evidence pointing to the many benefits of optimism and positive thinking with one of the major benefits being an improved immune system. A person who focuses on positive information over negative information will be better able to cope with stressful situations, may take a more positive long-term outlook on life, and may maintain positive social interactions, so reaping the immunity benefits.

Obviously, there are things we need to know about the coronavirus outbreak and keep updated about, but we do not need to become COVID-19 experts, nor do we need to hear every unpleasant detail from dawn until bedtime. Instead, focus on the positive in order to retain your energy and resolve needed to weather this storm.

Here are positive actions that I have taken in my normal everyday life for many years, so I can totally recommend them, having been personally tried and tested.

LIMIT YOUR INTAKE

Rather than watch every news item on television, listen to warnings on the radio, or visit websites bombarding you with the angst of the moment, limit yourself to only **one single news source** to view or listen to at **a set time once a day**, in order to update yourself with the latest news. This way, your anxiety will be reduced, rather than peaking every time you hear or see something relating to COVID-19, giving you constant highs and lows of stress and anxiety throughout your day.

TAKE ADVANTAGE OF NEWLY FOUND TIME IF SELF ISOLATING

Use the time productively by focussing on tasks that have needed doing such as sorting books, clothes, etc., for recycling; gardening (if the rain stops!); taking up a hobby you've always wanted to try (you can order the necessary items online or by phone and have them delivered to your doorstep); sorting out old photos and writing details on their reverse side so that future generations know who they are and where they were taken; writing about your life – your children and your grandchildren will be so interested to read about it – especially the year 2020 which they will learn about in years to come and that their ancestors lived through! The list is endless – the feeling of satisfaction will be huge.

MAKE A DAILY INVENTORY

Close your day, every day, with a positive acknowledgement of something you accomplished, learned, are grateful for, or just made you smile. Write it in a specially assigned notebook when you've got into bed as I do, so ending your day on a positive thought before going to sleep.

In times of constant negative images and talk, we need an antidote so that we can maintain our positive attitude and march forward with determination and hope. Be deliberate in activities that are positive, heart-warming, stress reducing and laughter inducing. Together, we'll get through this. Stay safe, stay positive.

Janine Gibson

First Do No Harm

*The NHS, there's many say
Has a reputation in tatters
They've lost their original purpose,
No longer know what really matters.*

*But underneath the bean counters
Are people who haven't forgotten
The oath that they took when they started work
Though systems now often dishearten.*

*Doctors and nurses and others too
Have 'care' at their centre every day
The needs of their patients are paramount
Anything else they feel would betray*

*But mistakes are made, and accidents happen
It's inevitable when you look
And see the amount of extra work
That's caused by the gobbledegook*

*When will the 'managers' realise
that the NHS is about patients?
People in pain who need expert help
Not systems and other creations.*

*Until that happens, we'll muddle along
With mistakes every now and then.
We'll have plenty of bean counters, though,
they'll keep us right
And the rest can go hang - once again.*

*The staff 'down below' are out on their feet
As patients we see it each day
Can we not give back some support to them all
Or will we leave it to those who still pray?*

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A Stroll Along Newport High Street c.1960

Anybody who knew Newport sixty years ago (and this certainly includes many of our U3A members) will remember the High Street as a vibrant and busy thoroughfare, far removed from the present largely-pedestrianised back street largely containing eateries, pubs, charity shops and empty premises. I was 11 years old in 1960 and spent Saturday mornings (and sometimes afternoons) in town – train-spotting at the station for a few hours and then a tour of various shops across the town centre. I remember many of the shops that could be found in the High Street at that time and I wonder how many of these you can remember! Do you have any specific memories or stories about any of them? My memories are included in our walk around.

The walk starts not where it would now (just outside the former Kings Head hotel) but at the town end of Newport Bridge. From that point through to Westgate Square was the extent of High Street at this time and there were seven shops before the then-crossroads where Kingsway and Shaftesbury Street met High Street. Prominent as one crossed the bridge was Jays furniture store, described as “complete house furnishers”. Something that everyone is likely to remember is the walkway that extended from the pavement to the rear of the building, built so that prospective customers could view the goods on offer. Its particular attraction for youngsters was the fact that it was supported on brackets and was built out over the muddy waters of the River Usk and always seemed somewhat ramshackle. It was very daring to risk walking along at high tide! Next door came the long-established firm of Kyrle Fletcher, who sold antiques, fine art and books. Red Dragon Cleaners followed, though many will remember that this used to be the Singer Sewing Machine Company. One of my favourite shops followed - John Hall (Tools) Ltd, one of my main suppliers of Meccano parts! I barely took notice of Fox the jeweller or the Universal Smokers Service but I spent many moments looking longingly at the grand pianos in the showrooms of Godfrey & Co. Godfreys also had a window on to Screw Packet-Road, a tiny lane leading down to the riverbank named after a type of vessel that moored here many years before. The flyover built over the railway that passed beneath brought traffic from Kingsway to the Old Green traffic lights where a queue could always be guaranteed! Then came Dock-street on the corner of which was the Old Green Hotel, A.J.Esdaile the optician (and my first optician), Bannister & Thatcher the chemists and the Western Mal & Echo office – a small and insignificant place in a town dominated by the South Wales Argus. The impressive Kings Head Hotel now followed – and thankfully the building is still with us albeit not as a hotel. It is very difficult to imagine now that all of this fitted in to the space between the bridge and the Kings Head.

Beyond the hotel was Carpenters' Arms-lane, followed by Simmonds, the wine and spirit merchants, Harry Thomas the butcher, Bolloms the cleaners, Phillips the tobacconist and Evans shoe shop. In contrast with the Western Mail's rather mean premises, those of the South Wales Argus which followed were quite palatial. To me, the most interesting part of this building was that to be seen from Market Street. This was where the huge machinery which printed and produced the papers was on show – and was it noisy! Following on we came to Deans (tailors), Martins Bank (later part of Barclays), John Collier (formerly the Thirty-Five Shilling Tailors) and Burtons the tailors. Their shop faced the Electricity Board showrooms on the opposite corner of Market Street. I remember visiting this shop with my grandmother, presumably to pay the electricity bill at the payment counter in the centre of the shop. A somewhat innovative business followed – a Milk Bar! Rediffusion (the supplier of “piped” television and radio services) and Alexandre the tailors preceded the entrance to the Market and then the magnificent British Home Stores. This was something of an institution right up to the time of the firm's closure, but at this time it sold a far wider range of goods – including toys!

Beyond Griffin Street came (to me) a particularly uninteresting block of shops - Cecil & Co., drapers; Paige the gown shop; Richards gown shop; Stone the radio specialists; Hodges the clothiers; Mac Fisheries; Watches of Switzerland; and Noel Fashions.

We have now reached the junction with Skinner Street, Commercial Street and Bridge Street and therefore the end of High Street. We turn around and retrace our steps at the entrance to the National Provincial Bank. A favourite shop, small in capacity but bursting with tempting treats followed - Meesons sweet shop. Yet another excellent shop was next door - W. H. Smith's bookshop. This was by no means as large as their present shop in Commercial Street, but in 1960 this was a REAL bookshop. Nowadays books seem to take a very back seat alongside all manner of other goods, but it really was the first place to visit when looking for a particular book in 1960. I was a frequent patron!

The next block of shops (as far as Newport Arcade) was again, I'm afraid, of little interest to an 11-year-old. The shops were Fanbury's "Style & Mantle", costumiers; Slendos (London Gowns); Weaver to Wearer, gents outfitters; Baker & Manhire, drapers; Maypole Dairy; Oliver's shoe shop; E.G. Taylor the drapers; and Kimptons, the gents' tailors and school outfitters

Beyond Newport Arcade came Crouch the jeweller, the Newport Wine and Spirit Company and the Trueform Boot Company. This was followed by Lovell's cake shop and café (really nice cakes!), Dunn the hatters and the Greyhound Hotel. Now the next shop ran right through to Cambrian Road and was one I frequented regularly - the Royce Restaurant. At this time my weekly pocket money was 2/6d and this was frequently spent on a Matchbox toy (1/6d), a piece of sheet music (6d), bus fare (4d in total), leaving 2d – the cost of a cup of tea in the Royce Restaurant! As you will see, I was not of a thrifty disposition!

Yet another uninteresting selection of shops followed - Willsons gowns, the Murrenger House, the Tredegar Arms Hotel, Lloyds Bank, the Post Office ("new and old buildings), the Corn Exchange, Co-op Building Society and the first of three shops occupied by Wallace Jones the furnishers. In between the first two of these was Fussells Sports, a good source of model railway products and other models. High Street finished up with the National Fur Co., Ltd and Jeanes decorating supplies.

I'm sure that you will remember many if not all of these shops – and what a huge selection there was! Ladies were particularly well provided for, but even children found things of interest – and there were many other similar shops elsewhere in the town.

Why not share with us some of your memories of these and similar shops? Your recollections will be very different from mine – particularly our lady members who will no doubt have very fond memories of those shops that didn't interest me in the slightest! Much has changed in sixty years – indeed, only the Greyhound and the Murrenger House are still there and used for the same purpose – and I'm sure this nostalgic stroll will awaken a few memories!

Stephen Berry

Easy Movement – as practised by our U3A group

Some exercises you can do at home each day

All exercises must be done slowly and gently. Make sure you stop if it hurts!

Sit comfortably in a chair, feet flat on the floor.

Head and neck

Bring chin to chest, look up, bring chin back to chest, move head to left by slow upward movement until you can go no further. Repeat to the right.

Shoulders

Move one shoulder to the front, then to the back, count five between movements. Then place arms down by your sides. Pull one shoulder up towards the ear, keeping the head still. Slowly relax the shoulder to normal position. Repeat with other shoulder. Do five times for each shoulder.

Arms

Stretch arms to shoulder height, then move both arms back and fore. Raise arms above head and then lower to your sides.

Breathing

Raise arms, breathe in through nose and hold for as long as you can. Breathe out through mouth, exhale as long as you can. Repeat five times.

Hands

Tightly clench your fist, then unclench and stretch fingers as wide as you can. Repeat five times. Bend one finger at a time while keeping other fingers straight. Shake hands from the wrist up and down and round and round until they feel limp and relaxed.

Back

Place hands on knees with feet flat on floor, slightly apart. Slowly bend over (nose over toes), sliding hands down legs for as far as is comfortable. Count to ten. Slide hands gently back up legs, straightening back. Repeat five times.

Legs and knees

Place hands under left knee and rock knee back and fore. Repeat for right knee. Lift leg straight out in front of you, point toes to ceiling and count five. Bend leg and replace foot to floor. Repeat five times.

Feet and ankles

Circle feet to right and left with toes pointing to ceiling. Keep toes pointed to ceiling and then point toes down as far as you can go. Repeat five times. On left heel

Place feet flat on floor, push down on left heel by raising toes up (your foot will slightly raise). With foot flat, raise heel pushing down on your toes. Repeat for each foot five times. Wiggle your toes and relax.

Clive Hard, Dip. S.I.

Travellers' Tale 1 related by Stephen Berry

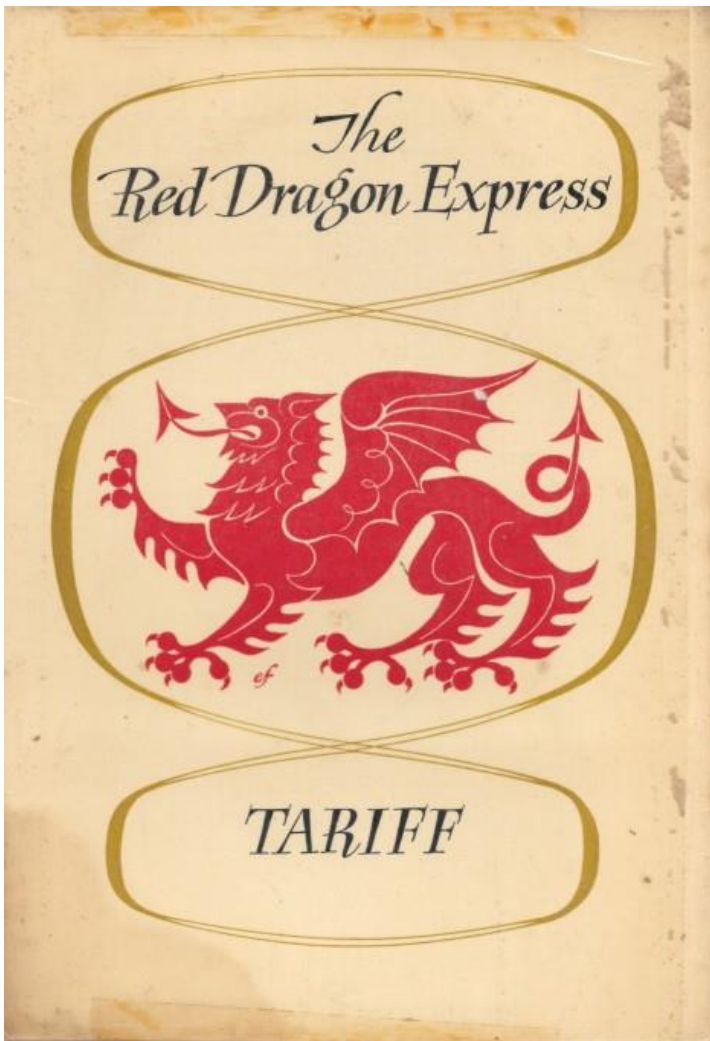
As a youngster I spent many hours at Newport Railway Station gathering the numbers of the many steam engines that could be seen pulling a variety of passenger and goods trains or simply shunting around the station and goods yard. At this time my journeys were local – to places such as Pontypool Road, Severn Tunnel Junction and Cardiff, where a locomotive shed offered a wider variety of locomotives than could be seen at Newport. If possible, my friends and I tried to travel to or from Cardiff by one of the prestige London express services of which there were four, namely the Red Dragon, the Capitals United Express, the Pembroke Coast Express and the South Wales Pullman. Children were discouraged from travelling on the last-named (which was extremely luxurious) by allowing only passengers with full-fare tickets on board and, additionally, charging a supplement. For a journey to Cardiff and back with a cheap day ticket we paid 1/- each; using the Pullman for just one journey would have cost us 4/-, so the outcome was obvious – we “slummed” it!

For those passengers wishing to travel up to London at a convenient time, the Red Dragon Express was the prime train of the day. It left Newport at 10.20am and arrived in Paddington at 1.00pm, having run non-stop over the 133 miles of railway, flashing at speed past such forgotten stations as Llanwern, where the stirrings of a new steelworks were visible on the right; Badminton, where the Duke of Beaufort had the right to stop any train on notice to Paddington; and Wantage Road, where the tiny engine that had worked the roadside tramway trains into the town of Wantage some 3 miles distant until 1945 was preserved on the platform. Between Didcot and Reading passengers were able to appreciate the scenery of the Thames valley, while beyond Reading the scenery became far more industrial, notable landmarks being the HMV factory at Hayes and the Scott's Emulsion factory at Southall, both with their huge and instantly-recognisable advertising signs.

The beauty of travelling up to London on the Red Dragon was that it was possible to have lunch in the restaurant car before arriving in London. Being one of the prestige express trains that was specifically named, every ploy was used to make it special in the eyes of the travelling public. The trains were hauled by one of the relatively new BR “Britannia” class locomotives, of which 15 were allocated to the shed at Cardiff Canton especially for London services. These engines were regularly cleaned (unlike many others at this time) and it carried a headboard proclaiming that the train was “The Red Dragon”. Each coach also had a thin board mounted on the roof of each side so that passengers were left in no doubts!



If one chose to eat lunch in the restaurant car, table service was provided and the waiters were adept at ensuring that food remained on plates rather than in laps! A decorated menu folder was found on each table and the menu was inserted in a pocket inside. Just take a look below and see what was on offer – and all for just over 47p in today's money. Those were the days!



The Red Dragon Express

MENU
9/6

Tomato Juice or Grape Fruit
or
Potage Americaine

Turbot Grenobloise

Roast Lamb and Mint Sauce
Vegetables Potatoes

Apple Tart and Custard
Coupe Royale

or
Assorted Cheeses, Salad, Biscuits & Butter
or
Savoury

Grilled Fillet Steak (to order) ... 3/- extra
(in lieu of joint course)
Sweet and Cheese Courses ... 1/6 extra
Sweet and Savoury Courses ... 1/- extra

Coffee 9d.

BRITISH TRANSPORT CATERING SERVICES

W R



**Are you having a laugh?
(If not, this page might help!)**



Homeschooling is going well. Two students suspended for fighting and one teacher fired for drinking on the job.

Young mother to her husband: "What makes you think our son is going to be a great politician?"
Reply from father: "He can say more things that sound well and mean nothing at all than everyone else I know!"

The organist and the church minister had been at loggerheads for months. Eventually the minister had had enough and resigned. He sorrowfully told the congregation that "Jesus had decided it was time for him to move on." The organist immediately began playing, "What a friend we have in Jesus"!

Have you ever been amused when reading instructions in English which had obviously been written in another language and which had clearly lost something in translation? The same problem can also be found in hotels as this list clearly shows!

Switzerland: We have nice bath and are very good In bed.

Romania: The lift is being fixed for the next day, during this time you will be unbearable.

Russia: If this is your first visit to USSR you are welcome to it.

Spain: Our wine list leaves you with nothing to hope for.

Canary Islands: If you telephone for room service you will get the answer you deserve.

A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "because," he said "I can't stand chess nuts boasting in an open foyer.

An Eskimo who was keen on Second World War songs had been out hunting for food all day. As was usual, he found very little to take home but he hoped – *sincerely* hoped – that his wife had found something different for dinner. He arrived home and sat down at the table. His wife appeared with his plate of food. He burst into song – "Whale meat again?"

Two Englishmen, two Scotsmen, two Welshmen and two Irishmen were marooned on a desert island. The Scotsmen got together and started a bank; the Welshmen got together and started a choir; the Irishmen got together and started a fight; The Englishmen never spoke to each other - they hadn't been introduced!

Chaos at Paphos

Many thanks to those who sent concerned emails to Mike and I recently.

We had our holiday curtailed by two weeks when the President of Cyprus declared a State of Emergency on Saturday 14/3 almost immediately after their first victim of the Coronavirus was confirmed.

All bars, cafes, restaurants etc had to close by Monday 16th and all hotels by Saturday 21st. So all tourists had to leave the island by then.

Some bars held closing down parties and tourists carried on enjoying themselves whilst waiting to be repatriated.

It was a sad and eerie sight in the usual vibrant harbour area of Paphos.

Our rep told us on the Monday evening that Easyjet had cancelled all their flights and Mercury Holidays were not doing anything - it was up to us to get new flights!

That was the beginning of a very fraught period as we couldn't find any spare flights. Numbers started dropping at the hotel as other tour operators pulled their clients out. A few managed to get flights from Larnaca at £700 each!

Eventually we received an explanation that we had been misinformed and Mercury were putting pressure on the UK government and aviation authorities to make Easyjet fulfil their obligations. We were told just to wait until further notice.

Thursday evening saw six remaining dejected diners. Friends of a friend said we could use their house as they were stuck in England, and a Paphos U3A walking friend said we were welcome to his spare room. How amazing can people be! But we could have been their months.

An hour later we were given details of our flights for Friday - but not our four fellow guests.

In brief our flight was delayed an hour, but we managed to catch our rescheduled coach from Gatwick. However it was going via Victoria Station, London, where we spent a bizarre, cold hour awaiting our connection amongst homeless people and masked tourists. It was like a Sci-Fi movie scene.

We arrived at Newport in the middle of the night and Dragon Taxis were not answering their phone. The coach driver kindly found a number for Chow Taxis and they picked us up.

It was such a relief to be in our cosy home and despite all we had endured it couldn't be as bad as for those homeless Londoners.

The moral of this story is - book a holiday with a tour operator that has their own planes.

Angela Robins and Mike Brown.

Freedom

Not so long ago the outlook for my local hedgehog population was looking pretty bleak. No sightings for months and a couple of casualties on the road , to be honest I feared the worst. Then after months of scrolling through cctv footage a solitary hedgehog reappeared. Even better it was definitely sleeping in the garden , so operation Hog swung into full force.

The Hog cafe was restocked and it was soon joined by the newly opened Hibernation Arms. Then we discovered that one had become two ! Hog Cam was back in action , with footage being recorded every night. We now have five hedgehog houses in the garden , together with a pub and the Hog cafe. It's been fantastic to have our little prickly friends back on the scene , the garden wasn't the same with the little chaps missing. And now we have even better news.....

It's that time of the year when hedgehogs come out of hibernation, and thanks to our friends at the Oak and Furrows rescue centre , we are about to release two more hedgehogs today , into our garden. So it's time to say hello to Bud and Stella!

Both are now settled in to new homes in the garden. The Hog cafe has extra meals available and unlike the rest of the U.K. the Hibernation Arms is open and ready to greet the new hogs. Both are currently blocked into their new accommodation, and once it gets dark tonight we will unblock the houses and for the first time in six months they will be finally free.



This "blog" was written by Peter Hanscomb, who is the son-in-law of our member Alan Barrow. There are plenty more where this came from and he has kindly given permission for us to use them for U3A. We are extremely grateful to him for this permission and I would ask you, please, to respect his copyright in both the text and photographs.

News round-up

Why “Desert Island Times”??? The fact is that, for many, it will seem as though we are living on a desert island. The latest restrictions have closed virtually every place of social gathering – rightly so if we are to get through the current crisis – but it does mean our having to drastically change our normal routines and life styles. Unlike the desert island though we have the means of access to each other using technology (computers, telephones etc) – and, at a push, sending a letter! All of these are more reliable than a message in a bottle at least. This leads me on to a suggestion made by Rob Wilkinson, our business secretary. We probably all remember “Desert Island Discs” where a celebrity was asked to say which records and books he or she would want on a desert island and there was a luxury item included as well. It was assumed that there would be a bible and a complete works of Shakespeare on the island as well. The challenge to you is this:

You can choose up to 10 films, 10 books, 10 works of art and the musical works of 10 composers or artistes. What or who would you include in that list and what would be your top three choices in each category? If you would like to add a sentence or two to say why something is a favourite, please do so. I hope to get a large number of responses to this suggestion and I will release them gradually, so many per edition. It may give you some inspiration to revisit works you have not thought about for years! The bible and works of Shakespeare have been removed as stock items, but what would you want in place of them if you decided you did not want them?

Today the March Newsletter from the U3A National Office in London has arrived. I would have difficulty in forwarding it to you, but you can sign up to receive it yourself at u3a.org.uk/email and I would really recommend that you do so. There is much in it that is useful and interesting.

For those of you who use Facebook a new group has been set up – U3A: Keeping in Touch. I have joined it as it is a vehicle for any member of any U3A to share ideas with others. It is quite obvious that, with the email from our National Office and this Facebook group, the U3A movement is really making itself felt in the effort to look after its membership and to provide an alternative to its usual way of operating at a time when that is simply not possible. If you wish to join this group simply search for it on Facebook and apply. You are asked one simple question: To which U3A do you belong? Ensure that you enter Newport SE Wales as your answer and await a message to say that you have been accepted. It is a good way to see what others are doing and to share ideas.

I have previously said that one real asset we have in our U3A is a super-abundance of talent. You have already seen some ideas come to fruition in this Journal, but these are but a small percentage of what our members can offer – we have plenty of evidence of this at each Open Event. Please contribute something as I think we might be producing these Journals for some while. I do have some material for the next edition but please keep it rolling in!

Keep safe – and keep in contact, particularly with those members who do not have access to the internet. A phone call will, I know, be much appreciated.