

Dear Member

Welcome to this special version of our newsletter, designed by the Editors to amuse and divert you in this time of lockdown when our normal U3A activities are curtailed. Our thanks to them.

Firstly, I'll quote from the U3A National Office newsletter: -

Some of you are asking about whether it is time to resume some face to face meetings. From a U3A activity perspective it is really important that government and NHS advice is followed. The U3A movement has been guided throughout this time by that advice and should continue to do so – for the safety and wellbeing of all our members. We have been advised by our insurers that this is crucial from a public liability insurance perspective. I appreciate how strong you have all been maintaining social distancing and remote learning in this difficult time. You have carried on supporting, uniting and protecting each other- so please carry on doing this until the government and NHS guidance changes.

The Mill Hall is closed. We will not be meeting in June or July. We don't have a meeting in August. The trips and events advertised for June, July and August are cancelled.

I will continue to send out the contributions from our members approximately weekly and will include any updated news. Again, I would like to thank the members who have contributed articles. Please keep them coming. What a wide selection. Don't forget to look at our website, the National Office website and our Facebook page.

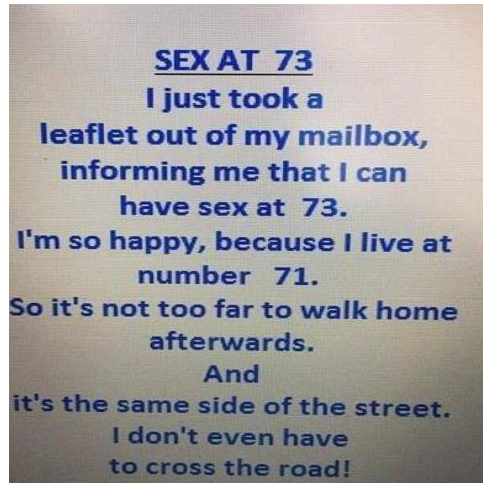
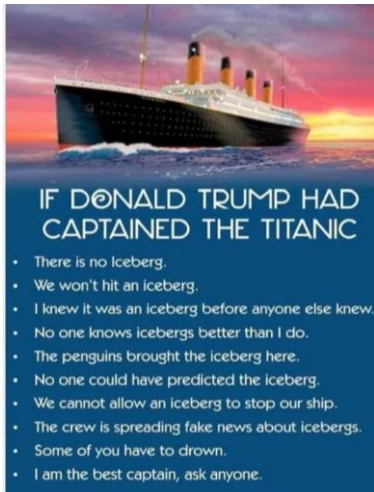
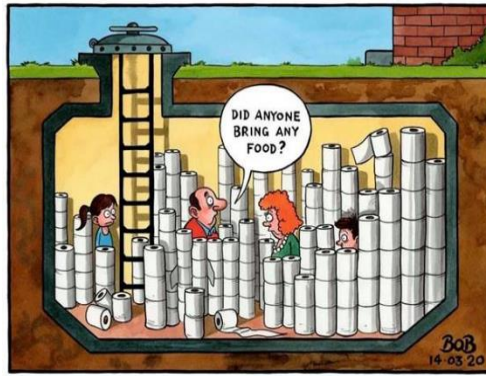
Keep well and keep active.

Best wishes. *David Fryer-Kelsey*, Chairman

Some members (e.g. those without email addresses) may not be aware that Heather Fryer-Kelsey had a very nasty fall, recently, and was in hospital to mend her broken femur and have a total hip transplant. She is now at home starting her slow steps to recovery. She wrote: -

"I came home Monday it was like a black comedy, David had two swollen discoloured eyes and looking as though he'd had 2 rounds with Mike Tyson, and me with my black, green and yellow swollen discoloured face. I thought he was in competition with me. It turned out that he'd had a bad reaction to some shampoo, which after reading the manuscript regarding side effects, this was one of them. Thankfully it is now subsiding. Me and my zimmer frame are now struggling to get in some routine of getting through the endurance course of exercise regime. More importantly, thank you all so much for the beautiful flowers, which had me reaching for my tissues, and all your wonderful wishes that help me."





PICTURE OF CANVEY DURING LOCKDOWN



My wife sent me a text that said, "Your great"

So, naturally, I wrote back, "No, you're great"

She's been walking around all happy and smiling.

Should I tell her I was just correcting her grammar or leave it?

Our cleaning lady just called and told us she will be working from home and will send us instructions on what to do.

That moment when you're worried about the elderly and realize that you are the elderly.



The majority of those living in the UK today are no longer able to remember a time before the existence of the NHS. I feel privileged to have been born in 1948 and, like many others, the NHS has been a constant presence throughout my life. It has protected me from diseases, nursed me through ill health and injury, assisted in childbirth, and tended to loved ones on their deathbed.

The NHS was only a few months into existence when I was born. The first baby born into the NHS, at one-minute past midnight on 5 July 1948 was Aneira Thomas, so named in tribute to the health service's founder, Aneurin Bevan. Aneira was born in a cottage hospital in Glanamman, Carmarthenshire. Her mother would introduce her as Nye, her National Health baby and, up until the age of nine, Aneira really thought of Aneurin Bevan as her other father.

Aneira spent her career working as a mental health nurse; her four sisters were also nurses and her daughter is a paramedic. Over her lifetime we have all seen remarkable advances in medical technology and treatment. In February 1953, when Aneira and the NHS were just four years old, there was a major breakthrough when the chemical structure of DNA was revealed for the first time by James Watson and Francis Crick; in 1958, five years later polio and diphtheria vaccinations were made available to all under the age of fifteen and the first heart transplant took place. In following years, we have seen the first test-tube baby born (1978), the introduction of keyhole surgery in 1980 and the launch of the organ donor register in 1994.

However, healthcare before the NHS was very different and had consisted of an uneven patchwork of services that varied widely by region. 'Voluntary' hospitals, aimed at the 'sick poor', provided the bulk of emergency care and relied largely on charity. They were staffed by physicians and surgeons who donated their time and expertise while making a living from their private practice. Municipal hospitals, a vestige of the old workhouse hospitals created under the Poor Laws, were run by local authorities. Some hospitals ran more successfully than others, but by the 1930s hospitals across the country were facing collapse.

The NHS as we know it today grew out of a government report composed during the darkest days of World War II. Written by the economist Sir William Beveridge, this 1942 report reimagined the role of the state in a post-war nation, setting out to combat the five 'great evils' of society: want, disease, ignorance, squalor and idleness.

In 1945, shortly after the war in Europe had drawn to a close, Clement Attlee led the Labour Party to a shock landslide victory over Churchill's Conservatives, and set about transforming Beveridge's vision of a welfare state into reality. A major part of this was the creation of a universal health service, available to all and for free. Aneurin Bevan, a prominent socialist, spearheaded its creation. Bevan made clear the key principles that underpinned this new service: it must 'universalise the best', not simply provide a safety net for the poorest; it must be 'free at the point of delivery' and it must be provided according to need, not the ability to pay.

Between 1945 and the launch of the NHS, Bevan engaged in a furious battle with the British Medical Association (BMA), over the terms of service offered to doctors – specifically about whether they should be directly employed on set salaries. Finally, a deal was brokered in which GPs would retain the power to run their practices as small businesses, and consultants could both work for the service and retain their private patients.

And so, it was on 5 July 1948 that Britain's National Health Service came into existence. It was the first universal health system to be available to all and financed from taxation. It was also, as Bevan admitted, 'the biggest single experiment in social service that the world has ever seen.'

Over the past decades the NHS has seen two monarchs, fifteen prime ministers, numerous health secretaries, countless changes in policy and crises of all kinds and over all this time it has come to occupy a unique position in national culture and identity.

When it came for Britain to host the Olympics in 2012, it was the NHS that would take centre stage. Who would forget the Queen 'parachuting' into the stadium with James Bond and the NHS featuring 1,800 dancing volunteers dressed as mid-century nurses (including 600 real-life nurses) and pyjama-clad children bouncing on hospital beds?

The NHS has weathered a great many storms already over the past seven decades or so. We are now facing one of the greatest storms of all. And as we stand clapping and cheering our fantastic dedicated health workers, we realise that we are all in this together, that our NHS is literally a vital, lifesaving organ; it is there to keep us safe. As Aneira herself said it is 'our duty to



I took the U3A for granted, the groups, the walks, the lot;
I really miss the social side; I didn't realise what I'd got.

Carol is isolated with me, every day of her life;
I do not know what's scarier, the virus or being strangled by my wife.

Les Poole and I walked to John o Groats and back, and set off on our way;
We stepped it out pretty quick; and did it in a day.

I fell in the sea at Lands End, Les had to give me the kiss of life;
He said he really enjoyed it but preferred to kiss his wife.

I decided to decorate the house, or creosote the shed;
B & Q wouldn't deliver the paint, so I just went to bed.

What can I do each day, an answer I had to find;
I decided to live the U3A, solely in my mind.

I went to a U3A meeting, Tom Jones was the speaking guest;
Ladies threw their underwear; poleaxing Tom with a winceyette vest.

The bookstall had a Shakespeare play, signed and leather-bound;
I sold it to Debbie Bamber, for a hundred thousand pound.

David and Heather sung us out with Abba's greatest tracks:
Bedecked in golden sequins, stuck to their plastic macs.

I played a table tennis tournament, an Olympic gold I won;
beating Elaine in the final, it really was good fun.

Carol made a flower arrangement, from dandelions and junk;
Imaginary real ale was excellent, getting as drunk as a skunk.

On a church visit, I climbed up the spire;
And then sung Great Balls of Fire, with the local choir.

I cheated at Rummikub; at art I drew a nude;
I put dirty words in scrabble and was slung out for being crude.

It shows how much I miss you all, my friends at the U3A;
But the fun we all have, will return one day.

Thanks to our U3A leaders, your hard work must be a pain;
We now know what we are missing and cannot wait to meet up again.



COPING WITH LOCKDOWN

It was so quiet. No traffic noise, no planes flying low above her house, just the birds. It was nesting time and she enjoyed watching them busily collecting twigs and moss to build a safe place to raise their families. Gertrude put down her book and looked around her. The sky looked bluer, clearer somehow and it was so warm. Even the air seemed cleaner. The spring bulbs and shrubs were in full bloom making a colourful display. She settled back in her comfy garden chair and drifted off to sleep in the late afternoon sunshine.

The sound of the doorbell woke her. "Hi Mum. We've brought your shopping." She opened the door as her son walked back down the path. Her young grandson was waving from the car and blowing kisses. How she missed him. Missed cuddling his sturdy little body and feeling his chubby arms around her neck as he bestowed wet kisses on her cheek. "Do you need anything else?" asked her son. Gertrude shook her head. "No, but a hug would be wonderful." "I'll be off then. Take care. Love you Mum".

She put on her plastic gloves, brought in the shopping and prepared her evening meal. Since going along to the cooking classes at the U3A, she was more adventurous, using herbs and spices.

It was time for the evening news. More deaths. It was so frightening. Gertrude was too afraid to go out for a walk. How lucky she was to have a garden to potter in. Those poor souls, stuck in high rise flats, must be at their wits end; especially if they have children.

At five minutes to eight she waited by the door, not wanting to be the first to go outside to celebrate the marvellous people who risked their own lives to help others. Nearly all the neighbours came out, clapping, banging saucepans and even blowing whistles. The few passing cars honked their horns in support. Children had drawn rainbows and put them in their windows, all to show how grateful they were.

Several neighbours lingered by their gates, exchanging news, talking about the virus and how the government was handling it. The lady who lived opposite came across to admire the magnolia tree in Gertrude's front garden. They talked about their love of plants and books, finding that they had the same interests. She too lived alone and was missing her family and friends. Gertrude told her about all the things she did with the U3A. Walking, art, book club, trips out and, of course, cooking. Linda was very interested, liked the sound of this U3A but lacked the confidence to go along on her own. Perhaps she could go with Gertrude? So, a new friendship was formed. They chatted daily on the phone, swapped books/plants and planned to go for lunch at the local garden centre, once they were able to go out again.

Gertrude thought that this terrible epidemic could be viewed as a wakeup call to mankind. Once it was under control, she hoped that people would appreciate the world and each other more. The little things in life that we all take for granted have become more precious. This 'time out' really makes you grateful for your health, family and friends. She was looking forward to brighter days ahead

MUSE FOR THE DAY

Just be careful - people are going crazy from being in lockdown!
I've just been talking about this with the microwave and toaster,
While drinking coffee and we all agreed that things are getting bad.
I didn't mention anything to the washing machine
As she puts a different spin on everything.
Certainly not to the fridge as he is acting cold and distant.
In the end the iron straightened me out.
She said everything will be fine, no situation is too pressing for her.
The vacuum was very unsympathetic
Told me to just suck it up, but the fan was more optimistic
And hoped it would all soon blow over!
The toilet looked a bit flushed when I asked its opinion -
Didn't say anything.
But the doorknob told me to get a grip on the situation.
The front door said I was unhinged
And so, the curtains told me to...
Yes, you guessed it
Pull myself together! 🌀

ROOT OF THE PROBLEM

Brunette, Blonde, Redhead or Grey,
Don't be despairing each day.
The answer is simple,
Unless you're a nun with a wimple,
Just pop to the chemist and choose.
Use a colour so close to your own,
So easy, and once you are home
Within minutes, where once was a frown
You'll have a lovely new crown,
You'll be jumping for joy, you will see!

DOES THE FOLLOWING HAVE A RING? ESPECIALLY THE BABY BOOMERS?

ANTICIPATION - Just wait until we get home.

BEHAVIOUR MODIFICATION - Stop acting like your father!

CONTORTIONISM - Will you look at that dirt on the back of your neck!

HOW TO BECOME AN ADULT - If you don't eat your vegetables, you'll never grow up.

HYPOCRISY - If I told you once, I've told you a million times. Don't exaggerate.

JUSTICE - One day you'll have kids, and I hope they turn out just like you!

LOGIC - Because I said so, that's why.

MEDICAL SCIENCE - If you don't stop crossing your eyes, they are going to get stuck that way.

ROOTS - Shut that door behind you. Do you think you were born in a barn?

TIME TRAVEL - If you don't behave yourself, I'm going to knock you into the middle of next week!

WEATHER - This room of yours looks as if a tornado went through it.

WISDOM - When you get to be my age, you'll understand.

LOOKING AT THE MAP FOR SOME WEEKEND TRAVEL IDEAS



It was a quiet Monday morning in September 2053, when John awoke with a need to go to the bathroom. To John this wasn't just any ordinary day! This was the day he would open the last package of toilet paper his parents bought in the year 2020.

FAMOUS LANDMARKS ACROSS THE WORLD QUIZ

CAN YOU NAME THESE LANDMARKS AND THE COUNTRIES THEY ARE IN? (answers bottom of page)



ANSWERS TO ABOVE QUIZ	
Sydney Harbour/ Australia	Petronas Twin Towers/ Kuala Lumpur
Uluru/Ayres Rock/Australia	St. Basil's Cathedral/Moscow/Russia
Mount Kilimanjaro/Tanzania	Tokyo Tower/Japan
Alcatraz/USA	Berlin Wall/Germany

ANSWERS TO
SUDOKU
(next page)

9	2	4		5	7	6		8	3	1
7	5	3		8	1	2		6	9	4
8	1	6		4	9	3		2	5	7
3	6	5		1	4	8		7	2	9
2	7	9		3	6	5		4	1	8
4	8	1		7	2	9		5	6	3
6	3	2		9	8	7		1	4	5
1	9	7		2	5	4		3	8	6
5	4	8		5	3	1		9	7	2

AFTERNOON TEA WORDSEARCH



S	H	C	I	R	D	A	E	R	B	C	A
E	S	N	U	B	F	T	S	U	R	C	T
O	A	T	S	U	R	C	S	G	G	E	E
F	T	S	L	A	S	A	T	U	A	K	Y
A	J	L	G	D	S	L	M	A	J	A	A
M	B	U	T	T	E	R	P	S	S	C	R
O	S	E	G	S	R	U	O	S	A	T	T
T	M	A	E	R	C	S	S	A	L	T	Y
E	S	G	E	Y	O	S	Y	M	M	U	Y
C	F	U	L	N	K	L	I	M	P	Y	T
I	C	I	K	R	O	F	U	D	G	E	T
U	E	S	N	C	O	C	M	A	H	N	U
J	A	M	E	K	A	C	S	P	O	O	N
N	O	M	L	A	S	F	R	E	S	H	T

T	A	S	T	Y	S	A	L	M	O	N
B	R	E	A	D	B	U	T	T	E	R
A	S	S	A	M	T	O	M	A	T	O
S	C	O	N	E	Y	U	M	M	Y	
C	R	U	S	T	F	R	E	S	H	
C	R	E	A	M	J	E	L	L	Y	
T	A	S	T	Y	N	U	T	T	Y	
S	P	O	O	N	F	O	R	K	J	U
S	A	L	T	Y	C	A	K	E	A	T
S	U	G	A	R	B	U	N	S	J	A
K	N	I	F	E	T	R	A	Y	H	A
C	R	E	S	S	E	G	G	S	T	E
J	U	I	C	E	M	I	L	K	M	U
H	O	N	E	Y	F	U	L	L	C	U

SUDOKU Fill each empty cell so that **EACH ROW, EACH COLUMN** and **EACH 3X3 BLOCK** contain all the numbers from **1 to 9**

9		4	5			8		
7			8	1		6		
								7
		5			8		2	
	7			6			1	
	8		7			5		
6								
		7		5	4			6
		8			1	9		2

KEEP WELL AND SAFE