



Ringmer

Learn, laugh, live

Monthly Newsletter May 2020

Website

Headlines

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The word search is on the last page in case you need to print it.

Try to learn something new this month

Well here we are several weeks into “Lock Down” and time for our first Monthly Newsletter. It would appear that many of you are managing to keep busy as only 20 % of our membership managed to complete our little survey. This is a shame as the results on page 4 are probably not a true reflection of what we are all up to.

Your committee have been considering what to do about the AGM and Open Day/Enrolment. We have decided that it would not be appropriate to hold either until we have a better understanding about future restrictions. The AGM will therefore not take place on 13 May 2020. The committee will review the situation in June/July when hopefully the situation will be clearer. We will of course give you 3 weeks notice of when the AGM will be held.

Meanwhile we must all get on with life under the current restrictions. Do let your Convenor or a committee member know if you have any suggestions of activities that we could do. Most of all though do keep in touch with your fellow U3A members and stay safe.

Best wishes, Ian

Stay Safe Online

Scammers are very active at present so do be very careful when you get unsolicited emails, text messages, phone calls, etc even when they appear to come from a genuine source, such as your bank.

There is some general advice on cyber security on our [website](#) . Top tips for using email safely and securely go to this [website](#) . For more advice on cyber threats go to www.ncsc.gov.uk/cyberware and to report the receipt of any scam email send a copy to report@phishing.gov.uk .

“In the know” Sussex and Surrey can tell you what is going on. [Check here](#) .



Stay Safe, Stay in Touch

Elizabeth Hawkins

Members will be saddened to hear of the recent death of Elizabeth Hawkins. She was in Warwick staying with her daughter at the time of her death. She was an active member of our Out and About

Useful info

Ringmer Good Neighbours: 07340118758

Ringmer Belles are offering support and have delivered some leaflets. Contact the above if you need them and did not get a leaflet.

Those on Facebook might be interested in the “Ringmer Covid19 Mutal Aid Group”.

U3A National Office

THIRD AGE
matters U3A



National Office are being very active. There is lots of useful advice on their website and they have started up some virtual groups. They are also encouraging members to keep a diary. You will have recently received the Spring 2020 Edition of Third Age Matters which has some good articles. It is interesting to see how other U3A Groups are coping with the current situation.

Sign up for their email newsletter here : www.u3a.org.uk/newsletter

Hot Topic last Month

It is no surprise that one hot topic last month was the difficulty in getting a delivery slot with a supermarket - at times the most frustrating thing of the day. National U3A twitter account had plenty of tweets from frustrated members. It became a major event if you managed to get a slot even if it was early in the morning or late at night. Latterly all supermarkets have changed their arrangements, but it does still seem to be a matter of luck. No doubt it will remain a hot topic.



Photo by Sue Hall

Did You Know?

- You can get repeat prescriptions posted to you through the “Echo” App by [Lloyds Pharmacy](#).
- The Anchor Inn is delivering meals. Check their website or ring 01273 812370.
- Lew Howard (Butcher) (01273 812309) and several other local shops are doing deliveries.
- You can collect from Goldcliff Garden Centre. Check [here](#).
- The Robin’s Nest off licence is stocking bread as well as a range of groceries and household items.
- New District Council website promotes local food firms and delivery. [See here](#).

Arrangements constantly change, but the above was correct at the time of going to press.

Stay Safe, Stay in Touch

From our Group Coordinator Tim

In these strange times it's great to be able to report that some groups are still able to have some form of interaction :-

Astronomy Group:- The Astronomy Group has not had any meetings. However we have been contacted by the U3A Astronomy Coordinator who has sent Astronomical news and information which has been circulated locally. This could be a very good initiative from the centre for now and the future. It has been good weather for Astronomy after a Winter with very few good nights but now we cannot go out together, of course.

Computer Group:- In order to provide some virtual help to the Computer Group; a support page has been developed whereby members can contact the CG Planning Team for Q&A help via an online "click and send a message" service. It goes without saying that the Computer Group will assist, where possible, any U3A member who has a problem/issue with technology.

Family History Group:- A newsletter has been circulated to all Family History members which provides useful guidance and tips to help with research.

What the Newspapers Say:- They have been emailing each other with their views on specific topics in the news.

Spanish:- They have been using WhatsApp to keep in touch.

The Night Sky in May.

May is an excellent month for star watching as although it is necessary to stay up late before the sky becomes truly dark the evenings are warm and sitting out under the stars can be very pleasant. The planet Venus does shine very brightly in the north west and is the one sight which can easily be seen before night falls. To see more planets it is necessary to get up before dawn. At about 4am Jupiter is shining nearly as brightly as Venus. Alongside it are fainter Saturn and Mars. In autumn they will be appearing in the evening sky so it might pay to be patient.

Among the many stars which can be seen is Arcturus, the brightest star in the constellation Bootes which can be seen in the south east. At this time of the year it is the brightest star in the sky. It lies at a relatively close 37 light years from earth. It is a red giant star, shining 170 times more brilliantly than our sun. Its red colour can be seen when observed and indicates that it is running out of nuclear fuel and nearing the end of its "life". Another star is Albireo which marks the head of the Swan (Cygnus) constellation. When seen through a small telescope it can be seen that it is a double star. One star is bright golden yellow and its companion is sapphire blue. Together they make a fine sight.

At this time of the year our planet is situated in such a way that we can peer out of our galaxy, the Milky Way into deep space. We can see what is often called the realm of the galaxies. These galaxies are many millions of light years away. Through a small telescope they appear as smudges containing millions of stars. They are objects of great beauty when seen through powerful telescopes and signposts to the immensity of space.

Brian Wignal

U3A Day now 1 October 2020

It has been announced that the National U3A Day will now be on 1 October 2020. We will be looking at doing something to celebrate this and our 30 th Anniversary.

The next edition of our Monthly Newsletter will be published on 1 June 2020. Please let Ian have any items, photos, etc by no later than 25 May 2020.

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Ringmer U3A April 2020 Survey

Unfortunately, there was a very low response to this survey with only 33 (20%) members taking part. The survey is probably not a true reflection of all our membership. However, it does offer some insight into how we are coping with the current crisis. Surprisingly most of us are not doing any more exercising, but we are spending more time on our computers, iPads etc. Some members have tried to learn something new and several said that they intended to. Hopefully, you might get some ideas from this survey to help you through the time ahead. If these restrictions do drag on we might consider doing another survey.

Question	Answers (% of the 33 replies)
1 How have you been doing essential grocery shopping?	Supermarket on-line (36), Visiting Supermarket (36), Visiting local shops (51), Local shop delivery (30) & Help from others (51).
2 Who has helped you with your shopping or collecting prescriptions?	Nobody (30), Family (24), Neighbour (33) & friend (15). Ringmer Belles featured in some replies.
3 Compared to normal how much are you exercising (walking, etc)?	Much more (9), Little more (27), Same (45), & Less (15).
4 Compared to normal how much gardening do you now do?	Much more (36), Little more (33), Same (15), Less (6) & Not applicable (6).
5 What means of communication are you now using to keep in touch with friends and family?	Phone (97), Email (85), WhatsApp (76), Facetime (24), Skype (33) & Zoom (51). Facebook and Duo featured in some replies.
6 Which of these have you started to use since this period of social isolation started?	WhatsApp (9), Facetime (6), Skype (9) & Zoom (63).
7 How much time are you spending on your computer/laptop/smart phone/tablet?	Much more (18), Little more (54) & Same (21).
8 What pastimes do you do?	Reading (48), Jigsaws (18), Crosswords (21), Sudoku (18), Sewing (12) & Gardening (21). DIY, music, calligraphy, yoga, tai chi & pilates featured in some replies.
9 Which of the following are you using?	YouTube (42), Netflix (30) & TV Catch up (81).
10 What have you tried to learn? Patience, gardening, on-line bell ringing, self-isolation choir, patchwork and quilting, cooking, programming languages and gaelic.	

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Bob's May Quiz

1. Where was the Roman capital of Britain before London?
2. What was the first deodorant to have a registered trade mark?
3. Who was the first English saint?
4. What was William Figg of Lewes well known for producing?
5. In medieval England murage was a tax levied for the upkeep of what?
6. What is significant about the dates 6 April 1917 and 8 December 1941?
7. Who was known as the 'Queen of Jazz' and 'First Lady of Song'?
8. Which military leader was known as the Desert Fox?
9. Who wrote the plays Equus and Amadeus?
10. What was the only book written by Emily Bronte?
11. Who wrote the book 'Chitty Chitty Bang Bang'?
12. What was Bill Syke's dog called?
13. Where was the setting for Shakespeare's 'As You Like It'?
14. Who wrote romantic novels under the pseudonym Mary Westmacott?
15. The Bible is the biggest selling book ever. What is the second?
16. What was the name of the cow in 'The Magic Roundabout'?
17. Who won an Oscar for her role of Queen Anne in the film 'The Favourite'?
18. Under what name did Camille Javal become better known?
19. On which golf course is there a hole called 'the Postage Stamp'?
20. Who was the first man to swim the English Channel?
21. In Bridge what is the name of the player who reveals his/her hand and sits out the play?
22. How many points must be scored to end a normal game of cribbage?
23. Which four championships comprise the Tennis Grand Slam?
24. In motoring for what does BMW stand?
25. Which university town in Leicestershire sits on the river Soar?
26. What anniversary does Ringmer U3A celebrate in 2020?
27. What is the highest rank in the order of Samurai?
28. In a monastery what is the deputy to the Abbot called?
29. Who designed the Crystal Palace built in 1850-51?
30. Which letter of the Greek alphabet is clearly the smallest?

Bonus question

31. Amongst your answers can you find the Vice-Chairman, Secretary and Treasurer of Ringmer U3A?

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Ringmer Street Name Wordsearch

Search horizontally, vertically and diagonally (either way) for the first part of street names in Ringmer. The words Road, Lane, Close etc are not included. For example, "LEWES" for Lewes Road. On the right are the number of letters in each word and a space for you to write the word.

S	E	V	L	E	D	E	L	V	S	9	S
O	P	I	N	G	L	A	W	P	C	4	G
N	O	R	L	L	M	R	O	V	H	6	P
D	T	A	I	V	Q	H	O	Y	R	8	C
R	A	M	S	N	S	L	V	O	I	6	D
A	T	T	U	I	G	O	T	E	S	7	B
V	O	I	B	G	R	E	E	N	T	6	B
R	O	Z	B	C	A	R	T	O	I	4	M
A	V	B	R	O	Y	L	E	T	E	5	G
H	B	R	A	N	O	W	P	S	S	7	H

The full solution will appear in the June Edition. Half way through May the street names will appear on our website to help you find any that you have not discovered.

Ringmer Street Name Anagram

1. Rot long inn
2. Branches am lie

Answers to Bob's Teaser Quiz

- | | |
|---|--------------|
| 1. What was the name of Winston Churchill's wife? | CLEMENTINE |
| 2. What is known as the Sussex weed? | OAK TREE |
| 3. What was the name of Yuri Gargarin's spacecraft in 1961? | VOSTOCK 1 |
| 4. Which country was formerly called the Dutch East Indies? | INDONESIA |
| 5. What separates Buda from Pest? | DANUBE RIVER |
| 6. From the number of yards in a chain deduct the number of Wise Men? | 19 |
| 7. What capital result do you get if answer six is added to 1-5? | COVID19 |

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