

KEEPING IN TOUCH

We hope that you are all keeping safe. This is a challenging time for us all, especially for those living alone. It's just two weeks since our Trustee's had to tell us to cease all U3A activities for the time being, as we all headed into lockdown, but it already seems like an age. Whilst many of us may be in isolation, it is important that we do not feel isolated & try our very best to keep in touch and stay positive.

The Social Squad put their thinking caps on, (they couldn't put their heads together due to social distancing) and came up with the idea of an extra eNews bulletin to be circulated as often as possible whilst the crisis continues. The aim will be to bring a little light relief, so no official U3A business, that's for the usual monthly newsletter, and with more contributions and ideas from members. This is the first edition.

We will include any local information which we think may be of use to members at this time, but we hope to bring a little distraction from the gloom. If you have ideas, wish to make a contribution, perhaps a poem, short story, some reminisces, craft ideas, recipes, some good (clean) jokes, or to tell us what you are getting up to, please share with us & send by email to: u3agen57@gmail.com.

If you know someone living alone, give them a call, just to say 'Hi, how are you doing?'. It's important to keep talking, especially for our fellow members who are not confident with or do not have internet access.

One of our members mentioned that she had found her Christmas card list and intended to work through it and call all those people with whom she exchanged cards each year, but rarely found time to call for a chat. Lots of reminiscing to be expected!

Please remember to frequently check our website <https://u3asites.org.uk/stanway> webmaster Alec is regularly adding new links to interesting websites as well as the latest fraud alerts and cybercrime news and suggestions for staying in touch using social media.

Colchester Borough Council Community Response Pack. A community response pack has been created by CBC to support you and your community during the ongoing Covid-19 situation. Within it you will find a list of key contacts, resources and information which CBC hope you can share with your community to support each other as much as possible during this time. **You will find the pack in the Coronavirus section of Stanway U3A website.**

Stay well, keep safe & keep smiling, The Social Squad

**ESSEX
CORONAVIRUS
ACTION**

PREVENT
INFORM
ASSIST



If you know of a member, indeed anyone you believe to be vulnerable, who seems to have slipped through the official support network net and have no family, friends or neighbours able to help them with food and essentials and is struggling, please put them in touch with the Essex Welfare Service Hub via essexwelfareservice.org and by calling 0300 303 9988, Monday to Friday between 8am to 7pm, and Saturday to Sunday between 10am to 2pm.

COMPETITIONS!

We know that many of you enjoy competitions from the number of entries received for the 10th Anniversary celebrations and thought that lockdown might be an ideal time to try some more. We plan to run several over the coming months and will try to give them broad appeal. If you have some ideas for us to try, please don't keep them to yourselves, let us know! We launch the first two today.

Entry is open to all current members of Stanway U3A. You may submit up to 3 entries for each competition. By entering you agree that your name & entries may appear in the newsletter and on our website. Perhaps when life returns to normal, we can hold an exhibition of all the competition entries at a monthly meeting.

Closing date: Thursday 30th April. Judging will be by the Social Squad. The Judge's decision is final. Winners will be informed via email by 15th May.

PRIZES – The winner of each competition will receive a Gift Voucher to the value of £10. (N.B. the vouchers will be delivered as soon as lockdown is lifted)



Easter will soon be upon us so why not show us all your creative side and enter our Egg Decorating Contest?

The theme and media are your choice, an individual egg or a scene, seriously artistic or humorous, it's up to you!

How to enter: Take a picture of your finished masterpiece and email to us at: u3agen57@gmail.com. Include Egg Competition as the subject and your name.

Challenge your poetic prowess, wit or sense of fun & enter our Limerick Competition. Humorous, but not too bawdy please.

How to enter: Compose your Limericks and send to us via email: u3agen57@gmail.com. Please include Limerick Competition in the subject line and your name.

And here are some examples to inspire you!



*A wonderful bird is the pelican;
His beak can hold more than his belican.
He can hold in his beak
Enough food for a week,
Though I'm damned if I know how the helican!*
—Dixon Lanier Merritt

*There was a young lady of Niger
who smiled as she rode on a tiger;
They returned from the ride
with the lady inside,
and the smile on the face of the tiger.*
—attributed to Edward Lear

*Not everything lost will be found.
I keep my high hopes on the ground.
Despite what we're taught,
More often than not,
What goes around just goes around.*
—O.V. Michaelsen

*There was an old man of the Cape
Who made himself garments of crepe.
When asked, "Do they tear?"
He replied, "Here and there,
But they're perfectly splendid for shape!"*
—Robert Louis Stevenson

QUIZ – JUST FOR FUN!



















No prizes, it is just for fun. Answers on the last page.

1. Famous catch phrases

Which programme are these catch phrases from:

- a) 'I don't believe it!'
- b) 'Silly old moo'
- c) 'Lovely jubbly'
- d) 'I have a cunning plan'
- e) 'To you, to me'
- f) ' Nice to see you'
- g) 'Listen very carefully I shall say this only once'
- h) 'Don't panic'
- i) 'How YOU doin'??'
- j) 'Shut that door!'
- k) 'You'll like this, not a lot'
- l) ' And it's goodnight from him and it's goodnight from me'
- m) 'Who loves ya baby?'
- n) 'Oooh Betty!'
- o) ' Live long and prosper'
- p) ' You dirty old man'

2. The following are all illnesses in emoji mode:

- A)  
- B)  
- C)  
- D)  
- E)   
- F)  
- G)   
- H)  

3. How many coloured rings make up the Olympic flag?
4. What spirit is mixed with ginger beer in a Moscow Mule?
5. Who was the first man in space?
6. What colour is Spock's blood?
7. Where in the body is the labyrinth?
8. What is the common name for ascorbic acid?
9. Americans call it a faucet. What do the British call it?
10. How are the first five books of the bible known collectively?
11. Who designed the dome of St. Peter's, Rome?
12. Which two elements make up water?
13. Which useful household item is made from naphthalene?
14. Which creatures live in a formicary?
15. What is measured on the Beaufort scale?
16. Which bird is the international symbol of happiness?
17. Where would you find the 'ocean of storms'?
18. Where is the original Harris tweed spun and woven?
19. On what date in July do the French celebrate Bastille Day?
20. What type of buildings did Don Quixote mistake for evil giants?

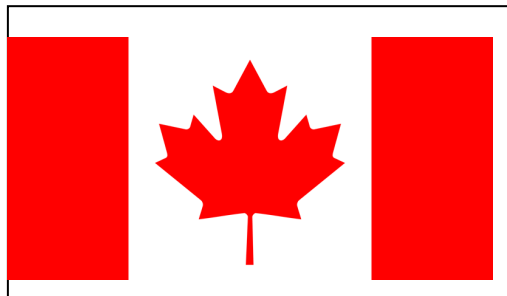
21. To which countries do these flags belong?

A)



D)

B)

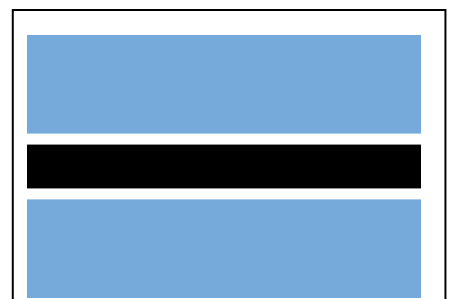


E)

C)



F)



Cooking for One with Jean & Meg the Membership Cat

Whilst many of us are in lockdown for an extended period be it due to age or infirmity, it is more important than ever to make sure that we eat well. We're all facing unsettling changes to our normal lives at the moment and if you are feeling anxious about things it can be difficult to motivate yourself to cook just for you.

I'd like to share a couple of cooking tips especially for those of us living on our own.

A carton of Passata goes a long way, I probably use about one third of a carton when cooking diced chicken with Italian herb mix, chopped onion, mushrooms and peppers which I then serve on pasta, a quick easy and very tasty meal. Add or take out any other veg you may prefer, or even just veggies. With the remainder of the Passata pour into an ice cube tray then freeze. Once frozen tip out cubes into a freezer bag, you can then take out and defrost cubes as and when required for other dishes.

Chop and freeze mushrooms and peppers, they are perfectly ok for adding to casseroles, Bolognese etc - **DON'T WASTE ANYTHING** is my motto.

Potatoes you can par boil then freeze, or roast then freeze, you can even cook, mash then freeze.

I hope you find these snippets useful.

If you have a favourite recipe to share, please send it to u3agen57@gmail.com

GET CRAFTY WITH MARGARET

We planned to introduce members to crafts on our Crafty Friday. Unfortunately, Covid19 intervened.

To keep our hearts and minds active, we hope members will get out their knitting needles and make these lovely poppies in time for this year's Remembrance Day in November. All you need is red wool and a scrap of black wool or a small black button and size 4mm needles.

B&M is still open at Tollgate if you don't have any wool. I have a limited supply and can let you have some if you email me your address. Don't worry about the brooch pin, I have a small supply of those. **Email: margaret1969@msn.com**

Royal British Legion Poppy



Using red DK wool and size 8/4mm needles. Cast on 60 stitches.

Rows 1-10: k2, p2 across the whole row.

Row 11: k2 stitches together across the row (30 sts).

Row 12:: slip one stitch, k2 stitches together then pass the slip stitch over - repeat across the whole row (10sts).

Break off the yarn with a long tail and thread through the remaining stitches using a yarn needle and pull tight. Join the edges with a mattress stitch.

Using scrap of black DK wool, cast on 16 sts. Cast off. Coil into a tight spiral and sew base to the centre. OR. Use a black or green button with 4-holes and sew in centre of the poppy.

Add a brooch pin.

THE SATNAV

By PAM AYRES

I have a little Satnav, it sits there in my car
A Satnav is a driver's friend, it tells you where you are
I have a little Satnav, I've had it all my life
It's better than the normal ones, my Satnav is my wife
It gives me full instructions, especially how to drive
"It's sixty miles an hour" it says, "You're doing sixty-five"
It tells me when to stop and start, and when to use the brake
And it tells me that it's never ever safe to overtake.
It tells me when a light is red, and when it goes to green
It seems to know instinctively, when to intervene
It lists the vehicles just in front, and all those to the rear
And taking this into account, it specifies my gear.
I'm sure no other driver, has so helpful a device
For when we leave and lock the car, it still gives its advice.
It fills me up with counselling, each journey's pretty fraught
So why don't I exchange it, and get a quieter sort?
Ah well, you see, it cleans the house, makes sure I'm properly fed
It washes all my shirts and things and keeps me warm in bed.
Despite all these advantages, and my tendency to scoff
I only wish that now and then, I could turn the bugger off !!!!

My Travels by Harry Carlo – Part One ‘The Early Years’

My university vacations were devoted to earning money [Xmas post, summer farm work] so it was not until the Easter of 1959, during my first year of teaching that I took my first foreign trip. This was a package with a company called Silvio which, for the princely sum of £39, took me by rail [air travel impossibly expensive then, a reversal of today's situation] to Milano and then on a *fully inclusive* coach tour of Italy. We had an instant introduction to Italian hospitality, being included in wedding celebration at the hotel. The conventions of the time obliged my girlfriend to pay an SRS whilst I shared with a changing cast of fellow males. One highlight was when the coach paused, and the guide exclaimed *Roma!* as St Peter's dome appeared in the distance. There were frustrations, as when we passed *near* [invisible] Siena and spent an hour over lunch just outside Ravenna with no sight of the famous mosaics. Thus, began my love affair with Italy which eventually led me to a post lecturing in A Level History of Art.

Below Imperial Hall, Wurzburg Residenz

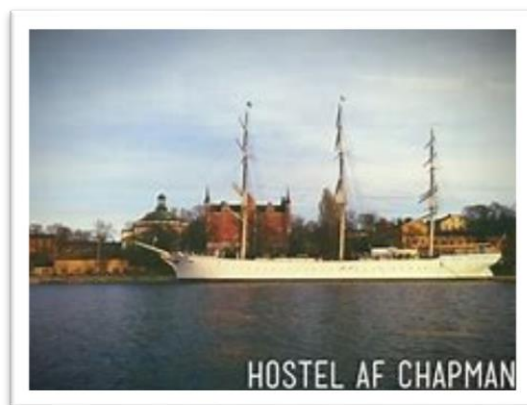


That summer saw my first independent travels, made more sociable with the use of Youth Hostels. The original plan to hitchhike proved, for a large single male, impractical so in Koln I invested £9 in a circular rail ticket taking in Wurzburg, Salzburg and Innsbruck. I found my evening visit to the Wurzburg Residenz, which had miraculously survived Allied bombing, so wonderful, that fearful of losing the magic I left early the morning holding, drying out of the train window, my shirt from yesterday's wash. Soon I was checking into the YH in Salzburg's Glocken Gasse, my final destination. However, so many were returning from Wien that I accepted the offer of a lift to that city which included a chain ferry across the Danube and a drive through the spectacular

Wachau Gorge. Many in Wien were returning from Istanbul but I resisted the temptation. So it was that my adventurous weeks ended in lovely Bruges where we rushed to get into the YH at 8 p.m. to attack the enormous mosquitoes which had colonized the dormitory before us! Travel in those days had problems beyond the time needed to travel by train [over 24 hours to Roma], the government imposed ban on changing more than £25 into foreign currency, the need to change currency [and language, English not yet the lingua franca] when crossing borders, and the lack of credit cards for emergencies.

Easter 1960 saw my first attempt on a country whose language I had not studied at school. However, necessity gave greater motivation than in those days. Reluctantly postponing a second trip to Italy, I set off for Spain. The first week, based on Madrid, allowed for easy side trips to such atmospheric cities as Segovia, Toledo and Avila. Unfortunately, I spent my last few hours before the overnight train journey to Granada with an American girl who painted an alarming picture of the south. My experience was not enhanced by the train derailment in the middle of the night which challenged my Spanish vocabulary. True, the south had strange smells and many beggars handicapped by the Civil War but also featured Granada's Alhambra, Sevilla's Barrio Sta Cruz and huge Gothic cathedral and Cordoba's mosque/cathedral.

Summer 1960 saw a less challenging itinerary. For £10 I was able to purchase a round train ticket from Copenhagen which allowed me to use Stockholm's YH, the Af Chapman, a sailing ship based in the harbour before moving north to Uppsala [based on near starvation rations due to the expense] cross to Trondheim and its rudimentary YH in a classroom vacated for the summer and so to Oslo with its three ship museums [Fram, Konticki and a Viking longship]. My main memory of Copenhagen is of the friendliness of the people. I had a homestay and was quizzed on finer points of English grammar.



Easter 1961 and the longed-for return to Firenze to spend the whole time based in the wisteria covered YH at Fiesole in the nearby hills, a bus ride from the monastery of San Marco. The YH was so crowded that one started on a corridor bunk before graduating to a dormitory. One of the delights was that each evening one got together with other enthusiasts to discuss our mutual new acquaintances among whom Brunelleschi, Masaccio and Donatello were prominent.



Above Persepolis

Easter 1967 featured an ambitious tour by air including time in Lebanon [then the elegant 'Paris of the East'], Istanbul, Greece and Persia [Iran] where, with the help of my former students, we visited Shiraz, Persepolis [Takht I Jamshid] and wonderful Isfahan [which has earned the title, *Isfahan Nesf Shahan – Isfahan is half the world*]

Below Marrakesh's Djema Al Fna

Xmas 1968 saw a significant enhancement in my travels – my first winter excursion. This was to Morocco, so near yet so exotic and with a very benign winter climate. Marrakesh's Djema Al Fna was full of amazing sights and activities and was the starting point for our 5 a.m., departure over the Tizi N'Test [so cold that we envied the local people's warm burnouses]. As if by magic, 2 p.m. saw our arrival at the sunny walled city of Taroudant where the olive harvest was underway.



In the winter of 1968, a friend rashly mooted the idea of a trip to India and by Xmas 1969 I had organized a tour for four of us. The deal was that a fully comprehensive tour, including transport and hotels, was provided for the price of the flight [£300]. I recall the evening smoke from the cow dung fires and remarking after our day trip from Agra to Fatehpur Sikri that the sights along the road alone were worth £300 This was the first of more than 50 visits to India, including three as Gap Project officer.

Part 2 of Harry's journal will feature in the next edition of 'Keeping in Touch'.

FUN QUIZ – ANSWERS

1. **Famous catch phrases** a) One Foot in the Grave; b) Til' Death Us Do Part; c) Only Fools & Horses; d) Blackadder; e) Chuckle Brothers; f) Bruce Forsyth; g) Allo Allo; h) Dad's Army; i) Friends – Joey j) Larry Grayson; k) Paul Daniels; l) Two Ronnies; m) Kojak; n) Some Mothers Do 'ave 'em o) Star Trek; p) Steptoe & Son.
- 2.
3. **Emoji illnesses** A) Black Death; B) Foot & Mouth C) TB D) Swine Flu E) Yellow Fever F) Ebola G) Chicken Pox H) Corona Virus.
4. 5; 4. Vodka; 5. Yuri Gagarin; 6. Green; 7. The Ear; 8. Vitamin C; 9. Tap; 10. Pentateuch 11. Michelangelo; 12. Hydrogen & Oxygen; 13. Mothballs; 14. Ants; 15. Wind velocity; 16. Blue bird; 17. The Moon; 18. Outer Hebrides; 19. 14th July; 20. Windmills.
21. **Flags** A) Myanmar; B) Canada C) Sudan; D) Greece; E) Israel; F) Botswana

If you would like to contribute to 'Keeping in Touch' or Stanway News, please email: u3agen57@gmail.com