

WBU3A CORONAVIRUS TIMES!

No 2

Dear Member,

Greetings to one and all as we self isolate & social distance – and welcome to the second edition of our “WBU3A Coronavirus Times”, the “must have” accompaniment for you all in our present predicament!

Many, many thanks to the large numbers of you who got back to me after you received the first edition to say how much you had enjoyed it. That was really gratifying and very much appreciated. Also, could I thank all those (lots of you) who responded so positively to my plea for items to include in future editions. I now have a stock of material to use for the next few weeks – but please keep it coming! Obviously, I don't want to use it all at once so if what you sent me doesn't appear in this edition please don't feel offended – I am trying to put a variety of items in each mailshot and spread out the items that you sent over a few weeks. I hope, too, that what you read in this edition might prompt you to think that you could offer something in a similar vein or that it might give you an idea for something different to share.

Regards

Keep safe & well,

Tony Beale



SINGING FOR FUN

The Singing for Fun group receive a song for the day, yes every day, and people can warble along to their heart's content!

A YOUTUBE video link is sent by Sue every morning along with something chatty. Individuals can then copy and paste the link into their web browser and “Hey Ho Silver Lining” or some such will be available, with lyrics, for them to sing along. What's not to like?

If you wish to be included in this activity, please let Sue know and she will temporarily add you to the Singing Beacon system.

Sue456bailey@gmail.com



With thanks to Michael Drew

LOOKING FORWARD!

Member Linda Carroll wrote in with this:

Hello to my fellow U3A members. Having had to cancel 3 holidays already I am hoping this wretched virus is conquered before I go to Australia in November. I haven't booked the holiday yet and I thought it would be fun to ask my fellow members for suggestions of places to visit. I've seen all the major cities and know NSW quite well but in such a vast country there must be lots of beautiful and interesting places that I haven't seen. How many pins can we put in the map? Many thanks to Sue Bailey for her song of the day. They really cheer me up. Best wishes to all. Keep well and happy.

Can anyone help Linda out? Or maybe other WBU3A members would like to write in with their plans for when this present impasse is behind us? wbu3.members@gmail.com

STOP PRESS: APRIL NEWSLETTER! The latest bi-monthly Newsletter is now on the WBU3A website. Paper copies should be arriving in your post by the end of this week.

SELF ISOLATION OR SOLITARY CONFINEMENT: CHALLENGE OR OPPORTUNITY?

None of us would have chosen the times in which we now find ourselves and it's equally true that everyone will find the next few weeks or months frustrating, difficult and for many worrying. Indeed, it's one of the major reasons for our publishing this weekly mailshot so that our members get some small opportunity to still feel part of the WBU3A community and have some kind of interaction even if it is only via the printed word.

All the advice from doctors and social scientists is that the best way to get through these difficult days is to keep busy and find something worthwhile to do; to use these weeks as an opportunity to learn something new or to renew an old interest which has fallen by the wayside.

All this talk and advice of how to cope with self isolation - or solitary confinement as it might also be called reminds me of a story that I used to tell to the children in my school when I led assembly. It was about a man who was thrown into prison by the king. The king had a fearsome reputation and it was well known that anyone suffering his wrath would find themselves in solitary confinement for many years. Whilst some survived the imprisonment most went mad because of the solitary confinement. The man in question, however, and to the king's amazement, survived - mind and body intact after many years. And the reason? Soon after being locked in his cell he accidentally found a pin on his cell floor and hit on a plan. Each morning when he rose from his bed he would close his eyes and throw the pin away, not knowing where it landed. He then spent the rest of the day in the dark trying to find the pin and devising strategies to ensure that he searched every inch of his cell! And the moral of the story, as I told the kids? - Keep body and mind busy!



So, if you want to use your self isolation time as an opportunity to learn something new here are a couple of ideas: [Hazel Beardsley](#) reminds members of the opportunities afforded by free courses such as [FutureLearn](#). Visit the site and you can browse lots of courses with something for everyone. Courses last from 3-6 weeks and typically take 2-4 hours a week. You are sent a weekly e-mail of material and there are discussion sections where students can post their views and ask questions, and the course tutors interact with this. After the final week you are given extra weeks to finish the course. Then all of it will magically disappear from your computer unless you choose to pay to keep it forever. There are no exams, no essays and nothing bad happens if you get the answers wrong! If you start a course and then find that it is not for you, you just stop doing it, no problem. [CLICK HERE](#) for link to FutureLearn.

And could I recommend something? When someone new joins the Philosophy group that I lead I always recommend a wonderful web site from Harvard University. It is a series of 24 lectures by philosophy Professor Michael Sandel who has gained "rock star" status such is his fame and reputation. The series is called [Justice: What's the Right Thing to Do?](#) Don't be put off by the word "philosophy" - this is not dry, difficult to understand stuff, but lively and relevant issues for the 21st century. As well as a magnificent grounding in philosophy it's an exploration of the many dilemmas of right and wrong that we all face everyday. Sandel is a supreme speaker who will keep you interested and involved as he lectures young American Harvard students. The series has been called life changing and I would agree fully with that. To view the series [CLICK HERE](#)



Spring has sprung in member Glenys Self's garden.
Thank you Glenys

Corona Capers 2: Boris's Potential Prohibitions

We at U3A like to be ahead of the curve, so we must try to predict what other liberties Boris might be about to curtail. Having banned almost everything, the list of possibilities is short. However, we can still do the following, so it might just be a matter of time before we lose them. Best to start not doing the following straight away:

Using Common Sense: There is no longer any need for this outdated and futile practice. Our wise and noble government will do all the thinking that is necessary, and lecture us incessantly about it via the media. Stop all unnecessary thought immediately. You know it makes sense! (Actually you don't, as you have stopped thinking, but the authorities will work out whether you know it, and tell you.)

Staring: The currently fashionable virus can be contracted via the eyeball. It follows then, that prolonged staring at any source of infection must be dangerous.



Members are urged to keep one eye closed at all times, and the other open just a tiny bit. We will set a trend which others will follow. This may in time morph into a recognition signal as used by secret societies. You will soon get used to bumping into things.

Breathing: The virus is taken into the lungs and there produces disease. If it can't get in there it is impotent, so stop this dangerous habit as soon as possible to stay safe. Of course, a few breaths in the privacy of your own home is your own business, but if you get caught doing it in public in future you may get into trouble with the Respiration Squad of your local constabulary.

When the current panic is over, the government may see a tax raising opportunity. Your Tax Return will ask you to write the total number of inhalations for the preceding tax year in Box A, and the total number of exhalations in Box B. You will pay the "Respiration Levy" pro rata. If there is any discrepancy between the two numbers you will be asked to account for it. (e.g: "I was cheering at a football match, I got overexcited and exhaled a lot.")

George Zielinski.

Very droll and maybe prescient, George Thank you

Hi Everyone!

Our yoga type exercise group has formed a Whatsapp yoga friends group. We are all trying to do our yoga session on the day and time we'd normally be in the Guide Hut on Rectory Road. I'm sure I'll feel guilty now if I miss a session. The best part has been the very amusing videos people have found to make us all laugh and that always makes me feel better.

Liz Stevens

Music Time? In a letter to the Guardian the other day a reader explained that he had decided that for the duration of his isolation he was going to settle back each day and renew his acquaintance with the many CDs that filled his shelves. Every day he would sit and listen to one that perhaps he hadn't listened to for many months or years. He then explained what he had enjoyed on that day and recommended it to others.



It doesn't matter what your taste in music is – jazz, easy listening, classic, baroque, pop, heavy metal – music is a great way of relaxing and passing the time.

As I sit writing this I am listening to Bach's *48 Preludes and Fugues* – one of my favourite works and one of the greatest works ever written and upon which most of western music is based. *The 48*, as they are known were, in 1977, placed on a Golden Disc in a time capsule aboard the Voyager spacecraft as representative of the greatest achievements of mankind. Together with Bach's *Goldberg Variations* (both recordings were played by the legendary Bach pianist the late Glenn Gould) they still hurtle through space millions of miles from earth waiting to be heard by some far off civilisation.

So, dear reader, what pieces of music, CD, LP (remember those!) would be on your listening list to while away the hours of isolation each day? Let me know!

Tony Beale

Keep Left?

Out for my daily excursion the other day and had to keep crossing over to the other side of the pavement to avoid people walking towards me. Thought how useful it would be if the pavements were one way like the roads. If we all use the one to the left hand side of the road when facing the way we are walking no-one would be coming towards us or unexpectedly be around a corner. If you think this is a good idea please spread the word.

Another thing I have found useful and pleasurable over the last few months is a meditation App called *Headspace*. So easy to use and offers a two week free trial. Never done anything like this before but wonderful to find something so relaxing and obviously beneficial to health.

Joan Raine

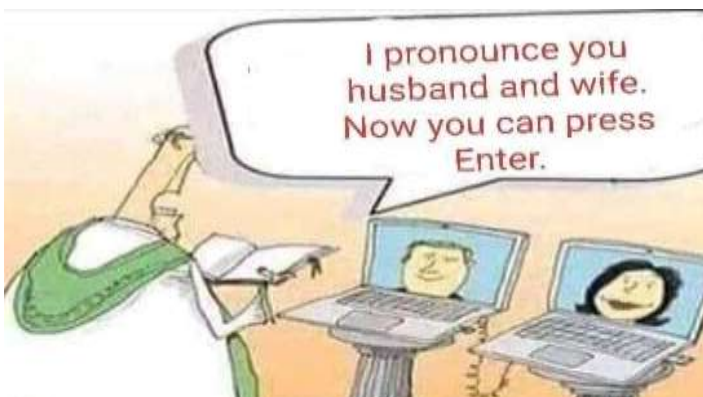
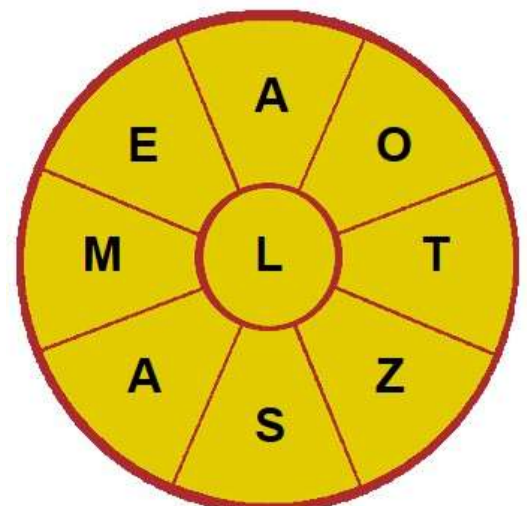
Thank you Joan – worth considering!

Puzzle Time!

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	2			6		5		7
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Thanks Paco!

How many words can you make from the word wheel below?



With thanks to Jan Tilsley

Pauline Barrett has long entertained our Writers' Group with her clever and thoughtful poems. Here is one that she composed especially for today. Thank you Pauline!



*The grass outside is very green
The sky the bluest that I have seen
My mood today is very blue
And tinged with sadness for all of you*

*We sit at home imprisoned now
From this day on for God knows how-
Long it will take for us to find
Time to discover some peace of mind*

*An open window is all we need
To listen to the birds and see
And hear their very welcome song
As life for them just ticks along*

*The papers are all about one thing
This dreaded virus some folk will bring
To others who are vulnerable and
weak
Just pray for the cure scientists seek*

*When a crisis like this befalls each one
Volunteers are doing what must be
done
They help each other in ways that we
Can't express our thanks enough to see.*

*Some go and do their daily shop
Or walk the dog and never stop
They think of others who are out there
Scared, alone and with many a care*

*Our spirits we must try to lift
To keep as occupied as we see fit
Our minds are so much busier today
Our thoughts and frets are very grey*

*So take this time to learn anew
A skill or art and see it through
Write down your fears and then go
nuzzle
With a book, some knitting or even a
puzzle*

*While we are able to do as we please
Make use and strive to be at ease
Pulling together we will get through
Sending love and hope to ALL of you.*

*So with colours of this sunny day
I wish you well in all you do and say.*

How emotional was last night?

From our second floor apartment and with our window wide open we joined in with the spontaneous clapping and cheering in Leahurst Road. It erupted as the clock hit 8.00p.m. and went on for several minutes.

Emotion took over of this amazing community spirit to thank all the wonderful dedicated NHS Staff who must be under the most enormous pressure facing them and are working tirelessly to save lives.

Our Granddaughter in London who has Special Needs was on the balcony with her parents last night and turned to them and said " I will remember this time in History " How true are those words, we all will.

Stay Safe, and take care.

Jacky Arnold

FREE CARD GAMES

Suggestions for free card games to download on to your phone, tablet or i-pad, which you can play against the computer.

Once they are downloaded, they do not need internet access and with most you can set the level of difficulty to suit you
Download using Play Store, Google Apps or the Apple Store with I-Tunes
Pat Beale



Gin Rummy



Cribbage



Solitaire

TWITCHING THOUGHTS For us "Twitchers" bird watching doesn't have to end while we isolate. We live in a small cottage with a small back garden and the first floor windows are by normal standards quite close to the ground. So by re-positioning our numerous bird feeders as well as the bird bath to within range of the back bedroom window I can watch and photograph to my heart's content.

We have a wren that drops in occasionally, greenfinches, several varieties of tit including the long-tailed variety, robin, dunnock, magpie etc.

Who was it who came up with the name Tit, as in blue tit, great tit etc? Very difficult to try and keep a straight face when trying to engage two young sons into the joys of "twitching" when all they can do is snigger. Owen was still sniggering at the mention of the species at the age of 24!



The messy feeding goldfinches, frequently seven or eight at a time keep the wood pigeon population well-fed. I imagine a pigeon on a fence somewhere recommending a cracking place in Wilford for a meal: high quality sunflower hearts and they even have some finches who cut them up into beak sized pieces for you!



I can take my one spell of exercise a day at the allotment or a stroll around Iremonger's Pond. A bit light in the waterfowl department at the moment but I did see a chiffchaff the other day. Digging ready for the spuds to go in attracts robins who quite happily come within inches of the spade to pinch my worms.

Once the crisis has passed and we are all immune, a morning around the pool and the surrounding "woodland" followed by lunch in the Ferry could be a good way for us to get back into the groove as it were and not too far to go. I have a discount card, if it's still valid in the post Covid times whenever they arrive!

Rob Nicholas

The 16 Commandments of Growing Old (Courtesy of Irish Archer)

#1 - Talk to yourself, because there are times you need expert advice.

#2 - Consider "In Style" to be the clothes that still fit.

#3 - You don't need anger management. You just need people to stop messing you about!

#4 - Your people skills are just fine. It's your tolerance for idiots that needs work.

#5 - The biggest lie you tell yourself is, "I don't need to write that down. I'll remember it."

#6 - You have days when your life is just a tent away from a circus.

#7 - These days, "on time" is when you get there.

#8 - Even duct tape can't fix stupid - but it sure does muffle the sound.

#9 - Wouldn't it be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle-free and three sizes smaller?

#10 - You've noticed people your age are so much older than you.

#11 - "Getting lucky" means walking into a room and remembering why you're there.

#12 - When you were a child, you thought nap time was punishment. Now it feels like a mini vacation.

#13 - Some days you have no idea what you're doing out of bed.

#14 - You thought growing old would take longer.

#15 - Ageing sure has slowed you down, but it hasn't shut you up.

#16 - You still haven't learned to act your age, and hope you never will



I was recently introduced to the Podcast App. It is easy to download, is free and has many playlists/topics so there's something for everyone. I plug in my ear earphones and tune out the world for a bit.

And if anyone already listens to the podcast can they share their favourite podcast via the newsletter from time to time.

Theona Yates



ITALY'S EXPERIENCE.

In this morning's Guardian (Saturday) there is an article by the Italian author Francesca Melandri. It beautifully written and powerfully describes the Italian experience of the past few weeks and at the same time equally powerfully reminds we Brits of what we might expect in the coming days and weeks.

The article is both arresting and thought provoking and at the same time prophetic. You can read the article by [CLICKING HERE](#) .

Tony Beale

CREATURE QUIZZES!

Are you looking for something to stimulate your brain and fill up a few hours during these difficult times?



Perhaps you'd like to try a quiz or two.

On the U3A website you will find one of the quizzes I compiled to raise money for my pet charity a couple of

years ago. They were not for the fainthearted (so I was informed at the time!). These quizzes were designed for those serious quizzers who love to search for elusive answers on Google – and learn a few interesting and quirky facts at the same time.

KEEP SAFE & WELL

If you've enjoyed this mailshot and found something of use in it please help to keep it going by sending items for publication. We are not looking for personal "adverts" (e.g. selling things) but for informative and entertaining pieces that will keep our U3A functioning and ready to leap back into action as soon as we are able. But above all we want items that will, in a small way, help to keep our WBU3A community connected and less isolated in these challenging and changed times.

So, your news, views, ideas, frustrations, humour, quips, tips, and ponderings will be the stuff of future editions. Hopefully this edition will give you one or two ideas of the sorts of things that we will include. But, without your contributions we cannot continue so please send us your ideas. Thank you.

Send all items to Tony Beale wbu3a.members@gmail.com

Thought for the day - and perhaps our current discontents!

As we watch, amazed and humbled at the efforts that our NHS is making against a background of shortages of equipment and personal danger it would be wise and fitting to remember the words of 18th century philosopher and economist Adam Smith who reflected:

"To feel much for others and little for ourselves; to restrain our selfishness and exercise our benevolent affections, constitute the perfection of human nature"

All the quizzes are "creature" based – in other words either the questions or answers are all concerned creatures of some kind, real or otherwise.

I apologise in advance for the presentation of the question papers as I had only saved hard copies, which contained the questions and the answers, and so I've had to do quite a bit of cutting, pasting and titivating to make them readable.

To view the quiz [CLICK HERE](#)
The answers will be on the Website in 4 weeks time.

Janet Gibbons

Aries: you'll be spending time in your home
Taurus: you'll be spending time in your home
Gemini: you'll be spending time in your home
Cancer: you'll be spending time in your home
Leo: you'll be spending time in your home
Virgo: you'll be spending time in your home
Libra: you'll be spending time in your home
Scorpio: you'll be spending time in your home
Sagittarius: you'll be spending time in your home
Capricorn: you'll be spending time in your home
Aquarius: you'll be spending time in your home
Pisces: you'll be spending time in your home 🤔🤔🤔

14:54

*Your 2020 Horoscope!
Courtesy of Jan Tilsley*