

## **WBU3A CORONAVIRUS TIMES!**

No 4

Dear Member,

Week 4 of our Coronavirus Times! How quickly the time goes when you are enjoying yourself!!!! I do hope that you are safe and well in these strange and trying times. I also hope that you will find something of interest or entertainment in this week's Coronavirus Times offering. Thank you to all who have sent in items for publication and please keep them coming! I have a list of regular contributors and to them, many, many thanks for your continuing and invaluable support but I am also getting new contributors and contributions which is much appreciated as it will, hopefully, widen our variety of articles, tips and quips. As always, if you have sent an item in and it isn't included in this edition please don't be disappointed or hurt – it is in the "resource bank" waiting to be used. Meanwhile, enjoy edition Number 4 and stay safe and keep well.

Regards, Tony Beale



### **Some Top Tips from Heather Roberts & Denis Kitt**

**"Education, education, education...."** Many of us will be supporting our families who are home schooling.

This link gives access to a huge range of activities for youngsters of all ages - many are free.

<https://www.tes.com/news/coronavirus-free-resources-home-learning> You'll find everything from audio books to basic phonics to worksheets from NASA and virtual tours of the Natural History Museum....

**The glorious Victoria Wood** She has made me laugh more than any other comedienne and so, if you are feeling blue, watch her sing one of her catchy little ditties:

<https://community.babycentre.co.uk/post/a9319705/bend-me-over-backwards-on-my-hostess-trolley>

**Virgin Media subscribers:** If you receive Sky Sports and/or BT Sports via Virgin Media you can pause your payments until service gets back to normal.

Log on to [www.virginmedia.com/pauseskysports](http://www.virginmedia.com/pauseskysports)



Beatles.MP4



For those of us whose teenage years were spent listening to the Beatles and the Stones here's a light hearted blast from the past! Social media is awash with clever videos like this at the moment and although in many ways they make me cringe I can't help finding them amusing. This one came courtesy of John Pike. Thanks John!



*"Zingy orange tulips fill me full of cheerfulness" is Glynis Self's caption to this lovely pic from her garden.*

## **John Brighthouse Buchan: My Grandfather**

**David Moore has written this wonderful tale of his Grandfather – a man of mystery it seems! I'm sure that we all have family tales that we could tell which apart from being interesting reading are important social histories and wonderful glimpses into our personal and national heritage . Thank you David.**

He was born on the 29th November 1879 in Salford, and Genevieve Woodward, my Grandmother was born 1873, in the little Cheshire village of Barnton. At that time, everyone in the area worked for ICI, either directly or indirectly, and so in 1890 John Brighthouse Buchan B.Sc. began work at ICI as a Chemical Engineer. He lodged in the village and in June 1896 married my Grandmother.

In August 1896, however, he suddenly left ICI; we don't know exactly why or where he worked during the next few years, but for part of the time we do know that he lived and worked in Spain. During the next 4 years they had 3 children, Eliza, Jesse & May and in about 1900 Granddad went to Argentina, Grandma following soon after, leaving the eldest child Eliza (4 Years old) with granddad's 2 spinster sisters in Manchester. In the next few years 3 more children were born, in Argentina, one of which was my mother. We don't know where she was born as she never had a birth certificate. Granddad seems to have worked all over Argentina: 1904 he was working building a Chemical Plant in Bahia San

Blanca, 1906 he was working for Pacific Railway Co. in Mercedes, part of Buenos Aires and by 1911 all the family were living happily there while Granddad was writing articles in Technical Journals

However, by 1916/1917 Granddad had vanished and about the same time a handsome young English businessman by the name of Herbert Sinclair appears on the scene. He was in his late 20's we think and Jessie who was about 18 years old marries Herbert and in 1919 Herbert pays for the Buchan family to return to England. We believe that they may have been waiting for the Great War to end. On arriving in England Grandma returned to Barnton, where her brother rents her a small house with a shop in the front room. It became a general store with hot food for the boat people on the nearby canal. In the late 1920's Grandma became very ill, and sent message to Eliza in Manchester to come and see her. But her Guardians would not let her go saying that Grandma had deserted her and "now wanted her back". Eventually, however, after many letters from the doctor and the vicar they did arrive in a big car a few days later Grandma died.

At that point, along comes another knight in shining armour, Harry Moore my father! He marries his girlfriend Hilda and gives a home to her brothers and sister. Eventually, however, they all went their separate ways. In about 1930 Auntie Jessie and Uncle Herbert came to England for their one and only visit, they both died in South America in the late 1940's. My Uncle Bert told my father that he had seen Granddad in about 1930 in Buenos Aires but according to Bert, when he saw my Uncle he turned and ran away.

Life, as they say, moves on and that might have been the end of the story, the trail went cold. But then along came Cousin Geoffrey who was keen to do a family history. Geoffrey uncovered some odd pieces of information about my Granddad. He discovered that Granddad leaving ICI and moving to Spain and then South America seems to have been shrouded in mystery. Granddad was, we all believed, a highly qualified chemical engineer but no records of a qualification in his name could be found at any University. And to add a further bit of mystery, Cousin Geoffrey discovered someone of my Grandfather's name on a ship's passenger list that left Buenos Aires for New York in the late 1930's!

***Does anyone else have a bit of family history they could share. If so, please send it in. Some years ago I wrote several pieces in my blog about members of my family. Here is the link to one of the pieces, about my Great Uncle who was, and still is, my great hero: [CLICK HERE](#)***

**MUSIC TIME! Two more pieces of Jazz as recommended by enthusiast Denis Kitt to entertain you this week. Firstly the wonderful Lonnie Donegan on that *Rock Island Line* - [CLICK HERE](#). I'm sure that many of you like me will remember that one. And secondly [CLICK HERE](#) for the Jack Parnell Orchestra. And for classical fans, have a look at this wonderful and clever video of **Beethoven's Fifth** - it's amazing!**



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## PUZZLE TIME!


**SUDOKU** (10-17/21)

Hard. Fill the grid so that each row, column and 3x3 box contains the numbers 1-9. Printable version at [theguardian.com/sudoku](http://theguardian.com/sudoku)

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

**Word wheel**

Find as many words as possible using the letters in the wheel. Each must use the central letter and at least two others. Letters may be used only once. You may not use plurals, foreign words or proper nouns. There is at least one nine-letter word to be found.  
TARGET: Excellent-92  
Good-83, Average-77.



## HELP

Following an item in last week's edition member Joan Conley asked if anyone has any tips about supermarket deliveries. In these difficult times it is clearly a thorny issue and of course we "oldies" are at the sharp end of it. Despite being an online shopper at ASDA for some time Joan now finds that she can't "get a slot". Has this happened to anyone else? Has anyone got any tips on how it can be resolved either with ASDA, or indeed, any other supermarket chain?

Following Joan's plea we contacted David Alexander of the Ukulele Group who had first mentioned the issue of supermarket deliveries and David has come up with some useful tips.

David writes: "We've found that the supermarkets are very hard if not impossible to get a delivery slot at. If you want to try a supermarket our suggestion is try it at odd times, e.g. in the middle of the night as you may have a shorter wait.

Our recommendations are to look for smaller and local suppliers. We know the following do deliver in West Bridgford:

[The Fruit Basket](#): vegetables, fruit, dairy and bread

[Harrington's](#): meat, cheese, deli and fruit and veg

[Kerry's](#): fresh, fruit and veg

[Cook](#) deliver ready made frozen meals

[Larwood and Voce](#) - pre cooked meals


[J W Stone](#) is a nursery in Langley doing lots of plants veg, fruit and flowers etc. They do free delivery with orders over £40

Also there is an App 'Next door' if you join you can find local people willing and able to shop, fetch prescriptions etc."



Thanks David - and here's something else that might be useful. Supermarket chain Morrison's have put this out on social media:

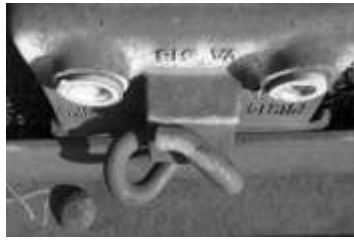
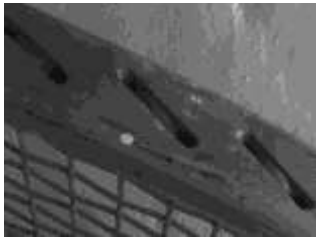
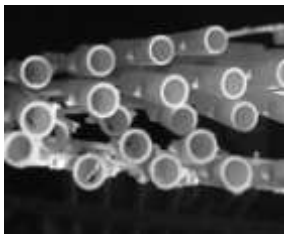
### MORRISONS DOORSTEP DELIVERIES - Our customer



contact centre is launching a dedicated telephone service for customers who are self-isolating, elderly, vulnerable and not able to visit a shop, so they can order a delivery to their doorstep from a list of around 45 essential items. Once ordered the deliveries are picked in a local store and delivered direct, with payment on the doorstep. The new service will be live tomorrow (Weds 8th April 2020), with the first deliveries being picked and delivered on Thursday (9th April). If you have friends or family in need of this help and are unable to shop instore, please ask them to call 0345 611 6111 and select option 4 to order a Foodbox or 5 to place an order for Doorstep delivery. The order will take 24 hours to process, and payment will be taken through a contactless card by the delivery driver.



*'Stop making ventilators!  
The country is crying out  
for more jigsaw puzzles'*



### **Point of View!**

**Rob Nicholas has sent in these pics to confuse and confound you! All are things taken from an unusual angle or only revealing part of the whole. Some are everyday things but two of them are "one offs" – that is they are very particular and although famous you would have to travel to see them. Can you work out what they are? I got 2 and then kicked myself when I saw the answers – so obvious when you know! Answers at the foot of this page (don't cheat!)**

## **U3A**

### **U3A DISCUSSION PLATFORMS**

#### **Using digital platforms to stay connected**

During these unprecedented times, the Third Age Trust has been looking at different ways to support our amazing U3A community. We wanted to enable and support U3As, members and Interest Group leaders, to stay active and connected with each other.

To this end, from today, **Monday 6 April 2020**, we have launched **three online discussion forums** so that you can share ideas and support each other. Thanks to the Beacon users, we are doing this by extending the existing (and successful) Beacon User Forum to all U3As, regardless of whether or not you are using the Beacon management system at your U3A yet. It is easy to get started. All you need to do is visit the forum website at <https://forum.u3abeacon.org.uk>, click the 'register' button and fill in your details. From there you will be able to explore the forums and get involved in the discussion.

If you are not familiar with online forums, we have prepared a [how-to guide](#) to help you get started. We welcome your feedback on the guide. Your feedback will help us develop our guide which will be available on the [national website](#) in the next few days. **There will be three forums that you can join:**

**Learning** – discussions around subjects and all forms of interest and learning

**Our U3A Community** – discussions around how we support each other

**Beacon** – discussions around using Beacon, the U3A management system



This is just an outline of what the forums are about because it will be led and developed by you when you join and conversations that are happening. A volunteer team will moderate the site and support you to use the forums in a safe, positive and productive way. We'll send more details as we have them on our website and in the newsletter.

### **QUIZZICAL**

**I wonder if any of you have had a go at my Creatures Quiz on the U3A website. And if so, are you ready for another?**

**Whilst waiting for the answers to the first, I've post a couple more. This time I've included one with pictures to identify too - but again, you'll need the assistance of Google, I'm sure.**

**The quizzes are related to animals and first compiled to raise money for the Radcliffe Animal shelter . Last year I deleted them all from my computer, thinking I would never need them again! Fortunately I kept hard copies but have had to do a bit of jiggery pokery with my scanner, Windows Word and Publisher - which is why they are not as well presented as I would have liked. But it's kept me busy for a few hours in these long drawn out contactless days.**

**The answers to Quiz 1 will be posted at the end of next week, and the rest will be available in another 3 weeks time. Happy Googling, Janet Gibbons**

**PICTURE QUIZ ANSWERS FROM TOP LEFT: Wall plugs, Angel of the North Statue, St Paul's London, Tennis Racquet, Railway Track, Sausage Roll.**

## NEWS FROM PAT, A KEYWORTH MEMBER

Thank you for the emails - very helpful in lifting the spirits. I've downloaded the Sudoku site mentioned to help keep my brain active!

Thank goodness for modern technology which allows so many of us to keep in touch with our family and friends. I used to just make phone calls, text or take photos but now I've been inducted into the world of **WhatsApp** and **Zoom** there is so much more to share. You just have to be extra careful with what you download or read.

Apart from other things I enjoy reading and miss trips to the library but I'm glad I have joined **BorrowBox** which allows library members to download a good mixture of ebooks and audiobooks for free.

Referring to the Twitcher item in the newsletter - the other day to my astonishment I saw what I think is a grey heron on my neighbour's roof. The bird took off quickly so I felt lucky to get the photo below. At Keyworth we are quite a way from the River Trent and Grantham Canal but perhaps not so far as the crow flies.



## CORONAVIRUS HUMOUR FROM OZ - THANKS TO MEMBER KEITH COXON.

We are self-isolating and finding it nothing like as bad as one might have expected. One real theme is how much attention the garden is getting, even ours is looking better! The video below really amused us!

[CLICK HERE FOR VIDEO](#)

## A GOOD READ?

Book recommendations are a bit like winners of beauty contests - "in the eye of the beholder" so these two recommendations might have only a limited appeal. Both are on the same theme. I have just finished an excellent history of the Berlin Wall ("Checkpoint Charlie" by Iain McGregor) - it traces the history of The Wall from its building to its eventual breaching in 1989. It gives an excellent "feel" for the Cold War which USA members will remember well and, as the "blurb" suggests, is the story of the events, the people and the personalities that filled our newspapers when "The Wall" was the "most dangerous place on earth".

And on the same sort of theme, John Pickles recommends "Spymaster" by Martin Pearce - the story of Maurice Oldfield, Britain's most decorated Cold War spy and head of MI6. Born in Derbyshire Oldfield rose to the top of the "espionage tree" and in recommending the book John tells us that it's very much a tale of "Local Derbyshire Lad done good!"

John retells a delightful anecdote about Oldfield which is perhaps something for us all to ponder. Oldfield, in an after dinner speech, related how a Russian peasant was walking along, on a black Siberian winter's morning, when he came across a wounded bird, struggling to survive in the cold. The peasant spotted a steaming heap of recently deposited cow dung and, thinking of the bird, picked up the poor thing and placed it in the heap so it might get warm and recover, before going on its way. After a while the bird began to feel better, and started to chirrup, loudly. Next along, however, was a fox who, hearing the bird's song, fished it out of the dung and ate it.

'The moral of the story is this,' Oldfield concluded. 'He who gets you into the mess isn't necessarily your enemy. And he who gets you out of the mess isn't necessarily your friend. Most importantly of all, if you are in the mess, keep quiet.' Quite!



## **"GARDEN BIRDWATCH"**

**Pete Elderton has some information for all of us self isolators!**

The Birdwatching Group have had quite a difficult year so far. In February we couldn't get out because of flooding now we are all locked down at home.



We have, however, come up with an idea that may be of wider interest to U3A members as we sit at home in self isolation. We are all spending more time looking out of the window and, if we are lucky enough to have one, are spending more time in the garden. **The BTO (British Trust for Ornithology) run Garden BirdWatch which allows people to enter their sightings in their gardens on a weekly basis.** The normal administrative charge for this service is being waved at present. The information gathered can then be used to monitor bird populations across the country.



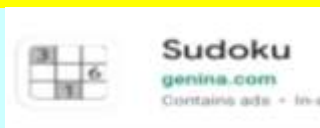
Full information about Garden BirdWatch can be found on the BTO website [bto.org](http://bto.org). Once on the site, click on Projects then click on Garden BirdWatch. This will explain how to do it and allow you to register onto the scheme.

So, this could be a chance to improve your bird identification skills and help a national project at the same time! Enjoy your bird watching.

Thanks Pete - I'm sure many members will take up this opportunity up.

### **APPS TO KEEP THE MIND FUNCTIONING!**

#### **SODUKU**



**PEAK - brain  
training games  
4 free games a  
day**



#### **CODEWORDS LITE**



**FREE GAMES:** Once they are downloaded, they do not need internet access and most you can set the level of difficulty to suit you.

Pat Beale



*Beryl Harris of the Thursday Art Group is a wonderfully creative artist as her latest work (finished this week at home after starting at the Thursday Group) shows. Thanks for sharing this Beryl*

### **A SERIOUS TIP FROM HEATHER ROBERTS**

If you're short of breath because of the virus or any other reason, this video may help - click the link

<https://share.icloud.com/photos/OjoTcqyTXPc8XSG9zX3zRQOIA#Home>

## CORONA CAPERS 5: NOW WASH YOUR HANDS.

They were waiting for me as arranged, all three of them on their horses, in a field outside the village. I kicked my horse into a trot and rode over to them. Some time had passed since we had last met. W. looked as fit and fiery as I remembered him, but F. and D. had a jaded look about them as if life had not treated them kindly.

I recalled that although they usually looked that way, it never seemed to impede their performance. cursory greetings over, we walked our horses in the direction of the village. F. observed that the harvest was abundant. He pointed his finger at a wheat field. The previously upright crop began visibly to wilt. The same happened to all the fruit orchards and fields which we passed. A short distance into the village, we came across two neighbours, each working in his garden. W. rode his red horse over and had a quiet word with one of them, and then with the other. As we rode away we could hear angry voices making threats and the crash of thrown objects. We asked W. what he had said to them. He told us he had told them both that the other had been stealing his vegetables. As we passed the only grocery shop in the village, F. announced that he was really hungry. F was always hungry.

D. offered to go into the shop and get him something. He came back empty handed, and remounting his pale horse, explained that the shopkeeper had suddenly felt so ill that he would have to close the shop. D. said that this happened to him quite a lot. W. angrily interjected that whatever was ailing the shopkeeper was probably affecting him also, as he was feeling decidedly below par. Waving his sword aggressively, pointedly in my direction, W. demanded to know who was responsible. F. and D. also claimed to be unwell. We all started coughing. "This won't do P." they told me, "What have you done?"

At this point I had no choice but to confess that the sickness was a project I had been working on, a virus which had turned out to be a little too contagious to control. It had escaped before I was ready. They wanted to know if the disease was serious. I had to tell them that it might be in susceptible cases. Anyone over 70 was considered particularly vulnerable in proportion to their age. As we were all several thousand years old it could be extremely serious for us. Even D. looked worried, as he faced the possibility of being, as it were, hoist with his own petard. "Is there anything we can do?" they demanded angrily.



I told them that social isolation was the only answer. Keeping a good distance from others to reduce the possibility of contracting more of the virus, along with hand washing. And so, we disbanded, riding off in different directions, in search of solitude and sanitizer. The Apocalypse would just have to wait.

**George Zielinski**

## Covid19 in Malawi – Trying to Help

Months ago, as a member, I talked to WB U3A about the National Police Aid Charity and the team in southern Malawi working to keep girls in school. I thought an update might be of interest as so many people have offered support since.

Today – April 5<sup>th</sup> - there are just a few cases of Covid19 in Malawi but just a few weeks left before the virus hits - and it will hit hard. The Government there has introduced restrictions on movement but has few resources to protect its population. The last container we sent delivered hospital beds, sheets and blankets that will be useful.



We are continuing to support partners there, a public health specialist and community health nurses. They have started training two teams of volunteer community health educators in Thyolo and Mulanje Districts. Team members are part of the keeping girls in school project – now on “hold”: some have also worked on village HIV education. Volunteers will be provided with self-protection equipment, transport and food as they go out to teach local villagers how to protect themselves and, if we have resources, to provide some of what is needed to do that, such as soap and food. Some team members are making face masks to distribute. Together with other measures they may be effective.

This almost mirrors what we are doing here but under very different circumstances.

Even though we are living in strange times, I look out onto our garden and think how lucky I am to have been able to do so much in my life, and to now be social distancing safely and comfortably at home. Please don't take risks, cheer loudly on Thursday evenings, and see you when U3A emerges as strong as ever.

*Top picture: mattresses being delivered to Queen Elizabeth Hospital in Blantyre*

*Lower picture: One of the teams of community health educators led by Mrs Hilda Petani, Head of Community Health Nursing at Malamulo Hospital*

Heather Roberts

Thank you Heather - a timely reminder that unpleasant as our situation is it pales somewhat when we consider others less fortunate than ourselves. [PLEASE NOTE: YOU CAN FIND OUT MORE ABOUT HEATHER'S WORK IN MALAWI BY VISITING HER FACEBOOK PAGE: https://www.facebook.com/heather.roberts.90038882](https://www.facebook.com/heather.roberts.90038882)



I hope that you have enjoyed issue number 4 of our Coronavirus Times and that you have found something to entertain, amuse or inform. Please help to keep it going for as long as our present predicament lasts and until, to coin a much used phrase at the moment, “We meet again”. I am desperate for suitable articles, tips, quips and comments – so if anything that you have read has put the seed of an idea into your mind please get in touch and allow us to share it with the rest of the WBU3A community. Keep safe & well, Tony Beale

### *Thought for the day - and perhaps our current discontents!*

*Eighteenth century Scottish philosopher David Hume had the knack of saying much in a few words. One of the very great philosophers, his work still has a profound impact on our modern philosophy, politics and economics. One of his oft quoted comments about the nature of mankind seems very pertinent today as we all struggle to cope with self isolation.*

*Hume said:*

*“He is happy whom circumstances suit his temperament; but he is more excellent who suits his temperament to any circumstance”.*

*A thought there for all of us, I think!*