

## **WBU3A CORONAVIRUS TIMES!**

No 5

Dear Member,

As the old music hall song has it "*Here we are again, Happy as can be, All good pals and jolly good company!*" Well, given today's circumstances, that is perhaps overegging it but we are certainly "here again" with Edition 5 of the Coronavirus Times. As to "happy as can be", that's maybe a bit panglossian, but I hope that you are coping with your self isolation and managing to raise a few smiles! And what about "all good pals and jolly good company?" – well, I'd like to think that our little publication helps to keep the "company" of WBU3A together. Although we might not be meeting there is, I trust, still the sense of belonging that the U3A provides – in short, we are all in it together!

Following this theme I was reading an article a few days ago by the former Chief Rabbi Jonathan Sacks. He told of the former Soviet dissident Natan Sharansky who was imprisoned in a Siberian gulag for nine years between 1977 and 1986, half of it in solitary confinement. Sharansky had five pieces of advice to survive the current self isolation requirements.

First, see yourself as part of the war, in this case against an invisible enemy; the struggle depends on you. Second, don't depend on things that are not under your control – in this case, how long the pandemic will last. Focus on the things that depend on you – for instance, reading a book you have always wanted to read but could never find the time for. Third, never lose your sense of humour: Sharansky had great fun telling anti-Soviet jokes to his prison guards. Fourth: don't give up on your hobbies. He spent much of his time playing games of chess in his head. It kept his mind active and sharp. Fifth: feel a sense of connection. We Jews, he said, were scattered around the world yet we felt like one people. You can feel connected even if physically you are separated.

Worthwhile advice, I think – and his fifth point is important for us in the U3A; we might be presently scattered but we are a community and that sense of community and belonging can help to see us through. Keep safe & well, Tony Beale



### **TOP TIPS**

Members may remember that last week we gave information about where one might access food deliveries. Well, we've had some helpful feed back which might be useful to members.

First, Joan Conley tells us that she is "...over the moon because I have six frozen meals being delivered from "Cooks". Now that I know what to do I can keep ordering when I need to..... their meals are delicious and nutritious."

And Cheryl Martin has a useful tip that "Iceland if they deliver to your area, are issuing delivery slots throughout the day for next day delivery. We have found that they are super-efficient - there are items which are out of stock and often, as with many other things at the moment, compromise is the name of the game."

**Thanks for the tips  
Joan & Cheryl!**

## What is a hero & What is Bravery?

Jacky Arnold sent in this wonderful poem that she had come across. As Jacky correctly comments its powerful and moving words encapsulate what many of us feel.



*I'll tell you a tale, that's been recently written,  
Of a powerful army, so Great it saved Britain,  
They didn't have bombs and they didn't have planes,  
They fought with their hearts and they fought with their brains,  
They didn't have bullets, armed just with a mask,  
We sent them to war, with one simple task,  
To show us the way, to lead and inspire us,  
To protect us from harm and fight off the virus,  
It couldn't be stopped by our bullet proof vests,  
An invisible enemy, invaded our chests,  
So we called on our weapon, our soldiers in Blue,*

*"All Doctors, All Nurses, Your Country needs you"  
We clapped on our streets, hearts bursting with pride,  
As they went off to war, while we stayed inside,  
They struggled at first, as they searched for supplies,  
But they stared down the virus, in the whites of its eyes,  
They leaped from the trenches and didn't think twice,  
Some never came back, the ultimate price,  
So tired, so weary, yet still they fought on,  
As the virus was beaten and the battle was won,  
The many of us, owe so much, to so few,  
The brave and the bold, our heroes in Blue,  
So let's line the streets and remember our debt  
We love you, our heroes,  
Lest we forget*



It has become something of a cliché to liken the spread of the virus to a war. Personally I'm not too sure that it's a good analogy, if only because in the case of Coronavirus the "enemy" cannot be seen. But there is another point of difference, namely that those charged with "fighting" this enemy – the health professionals of whatever type - are not only putting themselves in great danger each day but also putting in danger their own families by going to work. To do that I would suggest brings an extra dimension to the idea of "bravery" and of being a "hero".

It all reminds me of a story that I used to tell the children when I took school assembly. It went something like this. A young doctor one day unintentionally offended a man known for his bullying and aggressive behaviour. The bully was famed for his swordsmanship and shooting skills – indeed, he had won many medals for "bravery" on the battlefield. The bully, on being "offended" challenged the young doctor to a duel so that "honour" could be satisfied. The young doctor, as was the custom in duelling, had the choice of which weapons would be used. Everyone assumed that the young doctor would soon be dead.

The morning of the duel arrived and the two men met. They solemnly shook hands and the young doctor produced the duelling "weapons" – two freshly cooked sausages! The bully flew into a rage, accusing the doctor of mocking him but the young man calmly said. "I have cooked these sausages this morning, they are perfectly fresh and good. In one of them, however, I have injected a highly poisonous substance which will kill within seconds if even the smallest bite is taken. Choose one and I will eat the other to settle our discord". The bully stood angry and terrified – his sort of "bravery" questioned by another kind of bravery. He stalked off chastened and humiliated – his "bravery" with guns and swords useless.

Bravery, it seems to me is not just about war and guns and heroic battles. It has many forms and at the moment our doctors, nurses are the bravest of the brave fighting an unseen enemy and fearing not only for their own lives but for those of their families and friends who they might in turn infect – that, it seems to me, is bravery and heroism of a very special kind.

## Corona Virus Days

Two of our members have checked in with little descriptions of their days in self isolation. In these trying times it's good to hear of others and to know that maybe they are experiencing the same hopes, fears, frustrations and delights of being confined.

Henry & Gwen Derry have mailed in from Larkhill Village where we have a number of U3A members. Henry tells us that: *"We are completely locked down here in Larkhill but we do have a shop and can make use of on-line shopping. More over we do enjoy our garden which enables us to enjoy nice walks, but no visitors and no trips out. Gwen and I keep to the rules as most of the villagers do, but as in any society a very few do not! My Father would have said 'there's non so daft as folk!'*

And Janice Gardner writes: *Thank you for the latest Coronavirus Times. I'm not a great user of the internet but am certainly appreciating it now! It's great to be in touch with the various social groups I belong to including the U3A. I am fine and so thankful for my large family ,the garden and the internet.*

**Thanks to both Janice and Henry for their input - and I'm sure that all of us can relate exactly to what they say!**

executioner the colour of his hat. If they do not answer in the time available or get it wrong, everyone will be beheaded where they stand in the sand. They are not allowed to talk to each other and have just 2 minutes to fathom it out.

After one minute, one of them calls out.

Question: Which one of them calls out? Why is he 100% certain of the colour of his hat?

## Thinking Out of the Box!

Now let's get the old "grey matter" working! Murial Ryan forwarded this little brain teaser to ponder! (answers on the next page – don't cheat!)

### The Computer Room

You are in a rectangular room. There are 2 doors labelled "Door #1" and "Door #2" on each side of the room. One door is booby trapped on the other side. The other is not. You don't know which door is which.

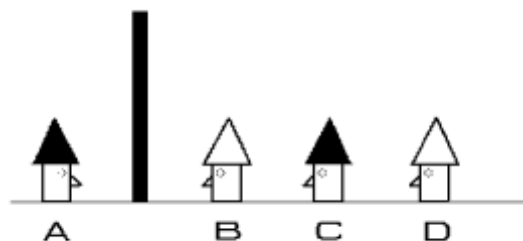
But, you have a computer on each end of the room. One only lies, and the other only tells the truth. You can only ask one computer one question.

What do you ask it?

And on the same "riddle theme" here's one that I used to pose the kids at school:

### The Men in Hats Riddle

A cruel king wished to punish 4 men who had plotted against him. They were sentenced to death unless they could answer this problem.



Shown above are the four prisoners buried up to their necks in the ground. They cannot move, so they can only look forward. Between A and B is a brick wall which cannot be seen through.

They all know that between them they are wearing four hats--two black and two white--but they do not know what colour they are wearing. Each of them knows where the other three men are buried.

The king tells them as they stand up to their necks in the sand that one of them must call out to the executioner the colour of his hat. If they do not answer in the time available or get it wrong, everyone will be beheaded where they stand in the sand. They are not allowed to talk to each other and have just 2 minutes to fathom it out.

## An Important Message from Keith Wright:

The RHS has cancelled the **Tatton Flower Show** in July therefore the **Garden Group** trip due to run on **Thursday 23rd July** will not now take place. Those members who have already paid will receive a cheque in the post just as soon as the refund is made to us.



## ADVICE FROM SOMEONE WHO KNOWS!



Sent to me by a nurse friend, some sensible advice from a GP Nurse in the UK

You basically prepare as though you know you're going to get a nasty respiratory bug, like bronchitis or pneumonia - just have the foresight to know it might come your way! Things you need to buy ahead of time (not sure what the obsession with toilet paper is?):

- ❖ Kleenex, Paracetamol, cough medicine of choice is (check the label and make sure you're not doubling up on Paracetamol). Honey and lemon work just as well!
- ❖ Vicks vaporub for your chest is also a great suggestion.
- ❖ A humidifier would be helpful to use in your room when you go to bed overnight. (You can also just turn the shower on hot and sit in the bathroom breathing in the steam).
- ❖ If you have a history of asthma and you have a prescription inhaler, make sure the one you have isn't expired and refill it/get a new one if necessary.
- ❖ Meals - make a big batch of your favourite soup to freeze and have on hand.
- ❖ Hydrate (drink!) hydrate, hydrate! Stock up on whatever your favourite clear fluids are to drink - though tap water is fine you may appreciate some variety!
- ❖ For symptom management and a fever over 38°C, take Paracetamol rather than Ibuprofen.
- ❖ Rest lots. Do not leave your house! Even if you are feeling better you may still be infectious for fourteen days and older people and those with existing health conditions should be avoided!
- ❖ Wear gloves and a mask to avoid contaminating others in your house
- ❖ Isolate in your bedroom if not living alone, ask friends and family to leave supplies outside to avoid contact.
- ❖ Sanitize your bed linen and clothes frequently by washing and clean your bathroom with recommended sanitizers.



You **DO NOT NEED TO GO TO THE HOSPITAL** unless

- ❖ You are having trouble breathing or your fever is very high (over 39°C) and unmanaged with medicines.
  - ❖ If you are worried or in distress or feel your symptoms are getting worse
- If you have a pre-existing lung condition (COPD, emphysema, lung cancer) or are on immunosuppressants talk to your Doctor or specialist about what you should do if you get sick.



**Thanks to Heather Roberts for these recommendations and comments.**

### NECKLACES FOR SALE

I have been spending my time, during lockdown, making these beautiful necklaces. I was so lucky to be given some bags of new gemstones which are Agate. So my necklaces are brand new. I also have Sodalite, Turquoise and Amethyst. I have sold a few already for £5.00 but still have some left. My number is 9149982 if anyone would like one of these beautiful necklaces, they are being sold for Cancer Research.

**Glynis Self**



### Thinking Out Of The Box: Answers

**The Room Riddle:** Obviously, the question would have to be one that you could ask either computer and get the same answer. Logically, the only question could be, "**Which is the door that the other computer will tell me is the safe door?**" Then go out the opposite door. Either way, it's a lie. If you ask the truth computer, it will tell you the truth about what the lying computer will tell you which is a lie. If you ask the lying computer, it will tell you a lie about what the truth computer will say!

**The Men With Hats Riddle:** **C calls out that he is wearing a black hat.** He's 100% certain of the colour of his hat. He knows that D can see C and B, but can't determine his own hat colour. B can't see anyone and also can't determine his own hat colour. A is in the same situation as B. Since A, B, and D are silent, that leaves C. He works out that he is wearing a black hat because if D saw that both B and C were wearing white hats, then he would have answered. But since D is silent, **C knows that he must be wearing a black hat as he can see that B is wearing a white hat. Q.E.D. – as they say!!!!!!**



## EVERYTHING WENT DOWN THE DRAIN - WELL, IT DID FOR ROB NICHOLAS!

A tale of daring deeds in dark drains thanks to Rob Nicholas!

This team photo taken in the mid 80's marks the point when my career went "down the drain" (I'm front row 2nd from left). This was the confined spaces rescue training, principally focused on sewers. Had a beard in those days but it had to come off because of the breathing apparatus. Training involved crawling through narrow concrete pipes in full kit dragging your 20 min air tank behind you. In reality that was just an initial "test" as you would never be required to access such a small space.

Some sewers are easy to walk through, others would take a small boat. In reality the best way to access is by punting, a team walking through calf-deep "liquids" just stirs things up too much! Obviously an engine would not be a good idea and propulsion is best via a wooden pole. And, as I am sure many of us will be aware, its best to sit or kneel down in a boat. As a trained member of the Team Shaun should have known better than to sit on the back whilst punting. Yep, he went over backwards, it was only a couple of feet deep but he could do nothing to stop himself. The bit he did remember was "if you're going to go, cover your eyes, nose & mouth". Momentum took us forward a touch but luckily our man overboard was tethered and we used him as a sort of anchor to stop the punt and return! In that situation we decided it was best to surface and it wasn't until we were out that we realised the real importance of socially isolating and 6ft distancing. To be honest 6ft was far too close!

At the end of the course I went before local Councillors to answer a series of complaints from the public. The training was held at an abandoned waterworks near a village. Included was an assessment of fitness, a ½ hour "jog" in the protective suits and boots. For a real situation, I thought it would be sensible for us to adopt "full" kit including breathing apparatus and run outside the complex. However, the sight of 10, bright orange clad bodies running through the village with full face masks & air tanks strapped to their backs appears to have generated a number of panic stricken residents to call 999. It was somewhat academic as the Local Councillor thankfully had a sense of humour and "accepted" that I was thinking of the team training and not, as he said in the corridor later "taking the p\*\*\*". Police also decided not to take it any further, doubt if they would have the same reaction these days, and quite rightly so!

Not sure how to follow that Rob! But I'm sure that other members must have similar tales to might raise an eyebrow or encourage a smile. If you have a tale to tell please share it. As I read it however, I could not stop myself thinking of that wonderful poet John Betjeman. Betjeman, who of course, was Poet Laureate from 1972 until his death in 1984 loved to poke gentle fun at society and especially at us "Brits" and our imperfections, our oddities and our prejudices. His wonderful World War 2 poem "*In Westminster Abbey*" contains one of my favourite Betjeman observations.

Unfortunately, I can't reproduce the poem for you as I am not allowed to put anything political in this missive - and the poem is far too politically incorrect for today's world - I can however recommend that you Google it as you sit self-isolating. My, what a time Betjeman would have had with our current discontents!!!

Here's what he said:

*"Think of what our Nation stands for,  
Books from Boots' and country lanes,  
Free speech, free passes, class distinction  
Democracy and proper drains".*

So, Rob as you fought through your sewers maybe Betjeman would have considered that you were fighting for the nation's democracy!!!!



*'I have it, I don't have it...'*



*The wonderful statue of Betjeman at King's Cross*

## PUZZLE TIME

Sudoku no 4,781

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

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-57. Good-50. Average-37.



## A GOOD READ A recommendation from John Pickles

Members who were planning to visit the largest private residence in the UK - Wentworth Woodhouse, near Rotherham in South Yorkshire - may now have to wait a while. In preparation for their delayed visit however, they could do no worse than to read Catherine Bailey's book - "*Black Diamonds*".

Wentworth Woodhouse was, until fairly recently, a crumbling and forgotten 'palace'. A century ago however, it was the ancestral pile of the Fitzwilliams - an aristocratic clan whose home and life were fuelled by coal mining. The house has an east front of 606 feet - the longest country house facade in Europe - and has over 300 rooms. Wentworth Woodhouse was, until quite recently, owned by various individuals & was not open for public viewing. An exception however was its use for TV and film locations - which still continues under the ownership of the Wentworth Woodhouse Preservation Trust.

"*Black Diamonds*" tells of the Fitzwilliams' spectacular decline: of inheritance fights; rumours of a changeling and of lunacy; philandering earls; illicit love; war heroism; a tragic connection to the Kennedys; violent death; mining poverty and squalor; and a class war that literally ripped apart the local landscape. The Daily Telegraph remarked of the book '*Gripping ...one heck of a good read and will keep you bolt upright all night*'. Whilst from a left of centre perspective, The Guardian said - '*Admirably reflects both the true nobility of the inter-war miners and the undoubted degradation of the aristocracy who exploited them*'.



Just got back from my local Tesco. I saw a bloke buying 4 crates of San Miguel, 5 paellas and 3 sombreros.

I thought to myself...

Hispanic buying.

Thanks for this bit of quirky humour Jan Tilsley



## ALL THAT JAZZ!

### Is Jazz still played in New Orleans?

Jazz has its origins in New Orleans during the early part of the twentieth century. In order to earn money, musicians travelled north to cities such as Chicago and New York where they became popular in the night clubs and speakeasies during the prohibition period, when bootleg whiskey and gin was drunk out of teacups in case there was a police raid!

To get back to the question, take a look at these street players on the Youtube clips for an answer:

Tuba Skinny: "Going Back Home" - Royal St.:

<https://www.youtube.com/watch?v=bBINhDYXoEg>

Doreen Ketchens: "When the Saints Go Marching In"

<https://www.youtube.com/watch?v=L8ydGKtLRJw>

I hope you enjoyed them  
Denis Kitt

### "Me tabs er coad, Mester"

When I first moved to Nottingham from Lancashire in the mid-sixties I quickly found myself on teaching practice on Clifton Estate. Not only did I have to learn quickly about standing in the front of a class of 11 year olds but I almost had to learn a new language as the kids bombarded me with their Nottingham colloquialisms in their broad dialect! I quickly learned on cold winter's mornings that "*Me tabs ercoad*" meant *My ears are cold*! How many of these bits of "Nottinghamese" can you decipher!?

1. Aya masht midduk?
2. Eh oop youth
3. Oo war e wee
4. Gis arf enit
5. Silin dahn
6. Intit coad
7. Gizzagoo
8. Shot cottins
8. Worra yer on wi?
- 9 Gerrit dahn yer neck.

## **Pandemic Shopping**

It is all very well being holed up at home – and yes I know I am safe – but having to rely on other folk to shop for you is really tiresome. So, the other evening I decided to 'register' on the Asda online grocery website. What a nightmare. Two hours later I had at last managed to tick all the right boxes and hopefully purchased everything I wanted and when I went to the delivery slot there was nothing for a week and no dates available beyond that! After swearing at the screen I decided to ring my daughter and ask what I was doing wrong. "Nothing," she told me, and just because I was on the 'high at risk' register – I have two letters from NHS, one from the Prime Minister and two from the hospital - it didn't make any difference.

I gave up and went to bed feeling deflated and decided to log on the next day. Imagine my joy and delight when I managed to book a slot the next evening, and went through all the financial jargon. I was chuffed to say the least and phoned my daughter to tell her and told her I could add items up to 10 pm that night and was there anything she wanted. That evening she phoned to ask for details to place the order and I discovered afterwards that she had added 38 items to my list after saying she would add one or two!

I laughed but felt glad I had been able to save her a trip out. Imagine our disgust when at 8.15 next morning the phone went and it was the Fraud squad from Santander. After insisting that we ring Santander back as we were worried this was a scam phone call we were transferred to the Fraud department who told us that Asda had unsuccessfully tried to take a payment four times without success and they had blocked payment. Asda subsequently cancelled our order – telling us by text and email later that morning – and Santander told us we would have to contact them again.

I won't bore you with the phone calls that took two hours, or lack of emails and support we have not had and as of this date we STILL can't get a slot, so hubby has threatened to go and queue in Morrisons Monday instead. I have now asked a very good friend to add a couple of items to their groceries when they go next week so hope this will placate him.

Every essential item is in short supply and although we have been lucky enough to have neighbours who will get shopping for us, it is a very frustrating time for us all. Why does one need so many toilet rolls? Flushable wipes and kitchen roll (no they are not flushable, although it says so on the pack) have wreaked havoc with the Water Companies with blocked drains Talking of blocked drains I have to tell you that after our house flooded in November, it flooded AGAIN in February and to add insult to injury our pine tree blew down in the hurricane. Not a good way to start the year! So the Council spent 5 days blasting 4 tons of old silt out of 60 metres of pipes underneath our cottages. This was all, of course, rain water, not sewerage, so I hope that once we are back to normal it won't ever flood again.

So the shopping story continues – after ranting and raving, I received a call Easter Sunday morning at 8.30 from my daughter. "If you log on to my Tesco website they have delivery slots free NOW" So finishing my Shreddies quickly, I do as I am told and after some initial IT problem book a slot for 2 pm the next day. I then shop leisurely and stock up on all the items that I have gone without, biscuits, cakes, toiletries and numerous other items and put in my address and bank details and off we go!! Yes it's worked – no Bank claiming fraud, and a text to confirm all is well. Next afternoon, earlier than they said, the van arrives – such a sight for sore eyes and the excitement is growing. Bags and bags are dropped off and there are even toilet rolls, my favourite brand, and a pack of 24! I didn't realise there were so many when I ordered them and I felt quite guilty, but they should see us through for the next few months!!!! So goods unloaded, disinfected and stored away, what a weight off our minds.



I'm able now to sit happily in the garden and think "what the heck", we are safe and cosy, – not like many, families living in 4 small walls in high rise flats with no escape. I wonder how many of us will have pantries or larders or store cupboards bursting at the seams with stock-piled items at the end of all this. Will we all in future be making our own bread or birthday cards, or on the Internet (heaven forbid it crashes) conversing with friends, family and colleagues without having to move far? Has anyone else a horror story about shopping? It will surely be a very different life in future to that we have been used to - and perhaps, God willing, we'll appreciate what we have, what we are and treasure every spare moment that we have.

Keep safe and well.  
Pauline Barrett.

**Thanks Pauline - as you say, what a nightmare - I'm sure this chimes with many members!**

## WHERE ON EARTH.....?

Can you identify what and where these 6 structures are or were? Some are in the British Isles, some are further afield! (Thanks to Rob Nicholas for these teasers!). Answers below.



I do hope that you have found something to make you smile or think - or simply pleasant to pass the time - in this edition of the Coronavirus Times. As always please keep your ideas and contributions coming. My store is starting to run down slightly now so whatever you send would be very welcome. As always thanks to the many of you who have contributed - in the end if the publication is to have any value it relies totally upon your contributions and ideas to make it relevant. I could fill the pages easily with my own "stuff" but I can assure you that would be of very limited appeal to many of you - so keep contributing!

In the meantime, best wishes for the coming week and keep safe and well - and abide by the advice on the right from the great Peter Sellars alias Inspector Clouseau! Regards, Tony Beale

### NUMBER NAMES

The names below are made up using SIX different letters. Each letter has been given a numerical value, and the numbers in each name added together to give the total score. Can you work out what each letter is worth?

LEE = 12      LINDA = 18      DANIEL = 21  
IAN = 11      ANNE = 13

**Thanks Paco – harder than it looks!**



**Where on Earth:** The Berlin Wall,  
The Roman Baths in Bath, The  
Menai Bridge, Caernarvon Castle,  
The Jewish Memorial in Berlin,  
The Liffey (Ha'penny) Bridge in  
Dublin

### Thought for today - and perhaps our current discontents!

Thomas Hobbes the 16<sup>th</sup> century English philosopher was born and lived in terrible times; the Spanish Armada, religious persecution, the Gunpowder Plot, the English Civil War, the Great Plague plus the harsh reality of everyday life ensured that Hobbes was a man with firm views as to how the world should live and how the country be governed. His most famous quote, reflecting the harshness of his time was that life for ordinary folk was "solitary, poor, nasty, brutish and short". He would have understood well our present need for lock downs and harsh rules to stop the spread of the virus. But he would also have recognised that people would find lock down trying, frustrating and fearful. He famously commented:

*"There is no such thing as perpetual tranquillity of mind while we live here; because life itself is but motion, and can never be without desire, nor without fear, no more than without sense".*

*A thought there for all of us, in these harsh times, I think!*