



West Bridgford U3A

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WBU3A CORONAVIRUS TIMES!

No 15

Hello there! I'm Pam, your one-time friendly, now thoroughly grumpy and irritable Newsletter Editor. Seriously, how are you supposed to wear a mask for more than one minute and still be able to see?

This is the second wave of the Coronavirus Times. (That was an advance indication of my sense of humour. You may wish to avoid editorial material from here onwards, so I will be marking all editorial other than article introductions with a border in a fetching shade of salmon pink.)

I must thank Tony for the amazing job he has done over 14 issues. I'm only just beginning to appreciate the work involved, and to produce a thoughtful and entertaining document every week as he has done is no mean feat. I must also sincerely thank all contributors for helping to keep this going. (But let us hope it is replaced with normal service sooner rather than later.)

I am quite looking forward to taking over as I will be able to take out all my lockdown frustrations on a captive audience by inflicting disgustingly difficult Sudoku puzzles on you. A Sudoku puzzle shouldn't be a matter of filling in numbers – that is like the numeric equivalent of a word-search. A proper puzzle should do your head in, take several days and give you a feeling of truly righteous smugness upon solving it. I will be providing a gentle introduction to this with an elegant puzzle towards the end of this document.

I've only had 2 or 3 days to botch stuff together, and I am blaming several problems which have hindered me on my flakey old broadband connection rather than on any incompetence with Word and with computing in general, so - bear with me - I hope to have got my act together for Issue 16.

Please excuse the limited prettying-up. I'm trying to emulate Tony's advanced skills and am only just getting the hang of some of it. Also if I appear to have ignored your contribution it is just that the deadline is rapidly approaching.



Here is New Groups Coordinator Joe Colls with his latest group – an instant success!:

One impact of the lockdown has of course been the closure of all cinemas, and hence of any opportunity to see a film and then discuss it with others. WB U3A has started a new group to partially fill this vacuum. The Film Discussion Group meets on Zoom and group members take it in turns to choose a film from a free source such as BBC iPlayer. Then we have two weeks to watch the film in our own time, before meeting again on Zoom to discuss it.

Some people have used Zoom previously, for some it was their first opportunity. So to start with, we had a dry run on using Zoom. There was a little of the "I can see you but I can't hear you" etc that we have now come to expect with video meetings, but overall it went pleasantly smoothly.

Encouraged, we chose our first film, which was Spotlight - a candid account of the investigation and disclosure by the Boston Globe of institutional child abuse by Roman Catholic priests. We have followed this up with something completely different - 12 Monkeys, in which a time traveller from a dystopian future is sent back to try and avert a virus pandemic (ring any bells?). For both these films, the group showed the benefits of sharing opinions and insights, and getting more from the film than one might as an individual. For our next discussion, we have chosen a Pedro Almodovar film called Julieta.

Joe Colls
WBU3A New Groups Coordinator
07760 458 791

Wilford Claypit Walk

Patrick Armstrong's local walk No.7 is now on the U3A West Bridgford web site along with his previous walks. To see them all go to the Coronavirus tab and pick the walks from the list on the right hand side of the screen.

Patrick's detailed maps, walk descriptions, photographs and background information make a terrific read. I think the point is supposed to be actually to go on the walk, but I have found his articles a real tonic!

Link: <https://u3asites.org.uk/files/w/west-bridgford/docs/7.wilfordclaypit.pdf>

So what's the difference between a POC and a VOC?

John Pickles has more on walking with the help of your SmartPhone:

Looking for some new exercise walk routes? Feel you may have lost some of your map reading and navigational skills over the last 3 months? Possess a smart phone?

If so:-



All you need to do is to walk round a defined route that is displayed on your smartphone. There are five such routes in the Compton Acres/West Bridgford area alone, with many others, in both urban and rural locations, if you're happy to drive and walk. They also vary in length.

Want to know more? Then read on, and I'll let others explain all you need to know about "VOC's", in 3 easy lessons. Before I do so however, please ignore any references to running. Whilst "VOC's" were originally designed for running, they are just as suitable for walking.

Lesson 1 Download – this provides you with an overview of what "VOC's" are and mentions one "top" "VOC" location, quite close to home.

<https://www.noc-uk.org/docs/2020/NOC%20VOC%20flyer%20v2.pdf>

Lesson 2 Download – this provides more details on what "VOC's" are, by downloading the referenced Pictorial Guide. It also explains how to download the APP onto your smartphone and then how to use it. Don't be misled by the opening video, which is more general in terms of what it depicts.

<https://www.britishorienteering.org.uk/vocs>

Lesson 3 Download – whilst the smartphone APP itself lists all the current "VOC" routes on a National, County and (in some cases) Sub County basis, the download provides details of Nottinghamshire routes, including the ability to print off maps.

When following a route, it can be sometimes easier to follow a paper map, so that you can more easily take photographs for example at the same time. Your smartphone should still provide "ping" notifications, when you arrive at the next GPS reference point.

<https://www.noc-uk.org/docs/2020/MapRunF%20Nottinghamshire.pdf>

As some of you will know, my “Day Job” in U3A is to lead the Orienteering Walking Group. Thus far, other than several group members trying “VOC’s” out during lockdown, our monthly schedule has not included any “VOC’s”, although they might have a small part to play in future. Instead the Group navigates around “POC’s” (Permanent Orienteering Courses).

“POC’s” and “VOC’s” both have their own unique advantages over the other. In addition to the points I made at the top of this article, I would add that “VOC’s” are a simple way to try out orienteering walking based exercise/recreation, providing you either own a smartphone or are walking with someone who does!

John Pickles

Note from Editor: I am only including links to other material where I can be sure of the content or at least can see that the organisation containing the material is a recognised safe source, as the Coronavirus Times has been subject to a serious complaint and consequently we, the Committee, have undertaken to ensure that there will be no publication under the aegis of the U3A of any material that could be construed of as offensive. Since my creaky old computer equipment seems unable to cope with some of the links that get sent to me, I have had to be selective in their inclusion.



Who are you expecting to vandalise your gnomes?

Thanks to Michael Drew for another topical cartoon. (By the way, have you all seen the sheep on the lawn half way down Musters Road?)

I’ve been asked about the future of the Bullfighting for Beginners group (see April Newsletter). I have to report that the local farmers have been getting really snotty about it and apparently there are insurance implications, so it looks as though it will not be starting up again. Sorry folks!

What would we do without Jan Tilsley!? Keep them coming, Jan!

I'm not saying spelling is important, but I'm saying spelling is important



Steam engine at Riverside Festival last year, with wonky wheels, hopeless sketch! I will have to give them fatter tyres! Sometimes you don't notice these things till you stand back also shadows don't stand out, can do something about that. Bits are in gold not noticeable on the photo of it but nice on real one. What I do like is it reminds me of the place Hope Phil likes it, I know he likes old vehicles and things. We won't be getting a riverside festival this year so nice to think back about the last one.

Thanks to Janet Todd for this nice, sunny painting and her artist's notes on it. Looks good to me!

SENDING THE WRONG MESSAGE!

More mixed messages from Church Bulletins – thanks to Patrick McDonnell

They're Back! Church Bulletins: Thank God for church ladies with typewriters -- misspellings, bad sentence construction or choice of words all make for fun reading. These sentences actually appeared in church bulletins or were announced in church services:

* At the evening service tonight, the sermon topic will be 'What Is Hell?'
Come early and listen to our choir practice.

* Please place your donation in the envelope along with the deceased person you want remembered.

* The church will host an evening of fine dining, super entertainment and gracious hostility.

* Potluck supper Sunday at 5:00 PM - prayer and medication to follow.

* The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

* This evening at 7 PM there will be hymn singing in the park across from the Church. Bring a blanket and come prepared to sin.

* Ladies Bible Study will be held Thursday morning at 10 AM. All ladies are invited to lunch in the Fellowship Hall after the B. S. is done.

* The pastor would appreciate it if the ladies of the congregation would lend him their electric girdles for the pancake breakfast next Sunday.

*Low Self Esteem Support Group will meet Thursday at 7 PM. Please use the back door.

* The eighth-graders will be presenting Shakespeare's Hamlet in the Church basement Friday at 7 PM. The congregation is invited to attend this tragedy.

* Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

* The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: 'I Upped My Pledge - Up Yours!'

PAUSE FOR PAWS FROLICS

More from Chris Smith and her remarkably articulate dogs ...

Oh no, Mate asks, what's this rattling of the pen door? Another human ... wonder if there are any treats forthcoming or just the same old ... well, looks like another outing in the offing just when I had got comfortable and rearranged my bedding. Mate today is a delightful golden Shih Tzu, a highly prized breed who were apparently good at guarding the Emperors' pad in China and warning of imminent dangers ... however, not much of this trait forthcoming in our initial introductions.

Complying with the lead and submitting to the gentle walk out into the sunlight we proceed, though noted not with a great deal of enthusiasm. Mate doesn't tell me this is her fourth trip out today, so walkies is being endured despite the excesses, she thinks, of any exercise regime. However, the walk is very pleasing and the pace not too taxing for paws, though Mate ponders on this, as little legs getting wearisome. Never mind, nearly home ... no, it is too much so time to show dissatisfaction. Mate pulls up, sits down, and refuses to be coaxed back into a forward motion. The advice from the training session is ineffectual ... so negotiation with Mate is the only option.

Here's the deal, I say, I will carry you for a short distance, say for distance of next two lamp posts, then we are nearly home, then you can easily walk the rest. Success – on seeing the Centre gates Mate's stride took up an energetic pace, no sign of fatigue now! Phew didn't realise how heavy a seemingly little dog can be, especially when Mate went into relaxed 'dead weight' mode. 'That'll larn you' expression of satisfaction – Mate just picked this up as useful, having handily just read Toad in Wind in the Willows.

All in all, a happy successful outing. Mate makes a mental note to requisition a 'do not disturb' sign at the earliest opportunity and a caveat of future interactions by appointment only. Of course, it goes without saying that happy for entry to be expedited on evidence of treats, but as a critter with known guile and intelligence it is imperative that adequate reflection time is ring fenced in the diary!

Chris Smith
RSPCA Radcliffe Animal Centre dog walker volunteer

Here is the promised Sudoku puzzle:

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

There are no special tricks to doing this puzzle. (If you know what an X-wing is, for instance, be reassured that you don't need to start searching for X-wings.) You just need to spot some simple patterns of coverage that reduce the possible options.

My main advice is to make as few marks as possible: hidden information only. Then if and when you get stuck you might find that concentrating on the hidden information and all the implications of it reaps rewards.

What do I mean by 'hidden information'? Take column 1. There is obviously a 9 in position 1 or 2, but you don't need to mark it as you can see the 9 in columns 2 and 3. However there is a 5 in position 1 or 2 of column 4 that you could mark as it isn't so obvious.

Still stuck? You can email me for a hint. Please send me a photo or otherwise indicate where you have got to. (The total number of numbers filled in should be enough for me to figure it out.)

That's it folks! Hope you enjoyed Issue 15.

Please keep sending stuff – to the editor (email address on heading of first page) – as there is now very little left in the coffers. Many thanks. Stay safe!