

FROM THE EDITOR

Welcome to the fourth edition of the new style High Lane U3A newsletter. As with the previous edition this edition will be available only by email and on the web. Hopefully members can share it with their friends who may not have access – post a copy though their door perhaps.

I'd like to thank members who have sent me contributions; please keep them coming. Please feel free to share some of your interests or something about what you have been doing during the lockdown. Please send ideas, suggestions and contributions to me at newslettereditor@highlaneu3a.org.uk

The information here is up to date as I write but things are changing quickly so please accept my apologies if the link doesn't work or for any other problems.

I expect the next issue will be towards the end of July – lockdown may be easing but as Sheila says below U3A groups currently are not able to meet. Hopefully we will be able to get to the hairdressers! This may well be the situation for some time and I see in the paper today that the first local lockdown is now in place in Leicester. It may not be the only one.

FROM THE CHAIR

Hello to you all in your isolation. It's already time for another newsletter and once more I must offer grateful thanks to Diane for all her hard work in putting this all together for us to enjoy. Thanks are also due to group leaders who have been keeping in touch with members via whatever means be it telephone or on line etc.

It is the role of the Chairman to rally the troops and to be positive but I think we must be realistic and sensible in this highly unusual situation. As an organisation for the third age we are in the most vulnerable sector of society and it will be a while yet before restrictions are fully lifted for us. Now that the government is easing restrictions it is natural that members are feeling hopeful that some U3A groups may soon be resuming. However I must emphasize that U3A is still suspended on a local and national level and there is no insurance cover. I have it on good authority that the Village Hall remains closed and is not taking any bookings at the moment. The Committee is fully aware of the situation and will inform group leaders as soon as there is any change.

Meanwhile we can enjoy this wonderful summer. Do continue to keep in touch with one another. Keep busy and cheerful and most important of all keep safe and well.

More Reasons to enjoy Lockdown

1. Having all the time in the world, for once
2. Re reading favourite books, newly discovered in the bookcase
3. Being more adventurous in cooking
4. Gorging on boxsets on TV
5. Looking forward to the future

Best wishes
Sheila Harrop

From U3A National Office

U3A Life in Lockdown – a new video on the U3A Youtube channel at

<https://www.youtube.com/watch?v=aBSfUGiszz0>

National Office says “During this period, the U3A movement has stepped up to find creative ways to keep in touch, keep learning and stay connected. This isn’t a time to celebrate but we did want to reflect the amazing ways you have adapted to the pandemic. It is only a snapshot – there are so many of you doing so many great things we couldn’t include everyone – but more than anything, we wanted to showcase the shared endeavour that is the U3A movement.”

U3A Day - Let’s Start Again

It has been agreed that the first national U3A Day - celebrating the learning, activity and fun of U3A - will be relaunched for Wednesday 2 June 2021. Trustee Sue Stokes said, "We had hoped that we could celebrate U3A Day in 2020 but the continued uncertainty in lockdown as to whether activities could be undertaken led to a re-think. It is part of Volunteer Week and an opportunity to celebrate our activities, our contribution to the local community and the innovative ways members have responded to the restrictions under lockdown".

Birdwatch project - Garden BirdWatch is provided by the British Trust of Ornithology to help them understand how and why populations of garden birds and other wildlife are changing, and how they can assist them. We want to see as photographs as possible to capture this increased activity at the moment. Details on the website <https://u3a.org.uk/component/content/article/197-covid-19/729-bird-watch-an-update-3?Itemid=490>

Events

3 July National Gallery looking art Ruben’s’ picture Samson and Delilah.
23 July Discovering Children’s literature

These are online events using Zoom and you need to book on the National Office website.

Multidisciplinary project

Josephine Cutts who runs the Art group for Edwalton, Gamston & District U3A asked members to help assemble a multi disciplinary project on the subject of Trees – involving photos from the photography, writing and painting groups. Josephine is now coordinating one on Gardens and this time plans to involve the wine group too! Read more on this on Sources online.

<https://sources.u3a.org.uk/2020/06/12/multidisciplinary-group/>

Would some of our group leaders like to get together to do something like this?

DID YOU KNOW?

Today, 1 July is

- International Joke Day – we have some later in the newsletter
- Canada Day – the date of the Constitution Act, 1867), which united the three separate colonies into a single Dominion within the British Empire called Canada
- Creative Ice Cream Flavours Day
- Gingersnap day -no idea why! Make some gingersnaps.

LOCAL INFORMATION

Emerging from lockdown

I have very little new information except to say that shops, dentists, podiatrists and opticians seem to be slowly opening albeit with a changed or limited service. Hairdressers should open next week along with pubs. MacDonald’s drive-throughs are open – the queue in Hazel Grove was back onto the A6! Ikea and Primark reopened with similar queues.

An enterprising family has opened a Thai Noodle bar in Hazel Grove in the pandemic. It’s called Po Dang and is next to the Horse and Jockey pub. Open Tues to Sunday for takeaway and delivery. The food and service was pretty good when we tried it.

A message from Maureen Christopher. Following on from my recent piece regarding the Gatepost Cafe myself and neighbours continue to attend each morning, I had suggested anyone could do the same by putting notes through doors and seeing what happens - wow, I met Marlene Brooks while out walking and she had done exactly that and 13 people turned up for a catch up. How marvellous is that? Could there be more out there?

If you have any local information please let me know so we can share this with our members.

BRIDGE

Our Monday afternoon 1.30 pm sessions are continuing and new people are joining us week by week. We now have around 20 players; more players will be very welcome. Please contact me if you would like to join us online.

Diane Saxon

This is a hand from a recent session. West is declarer and no-one is vulnerable.
West opens 3D. How will the bidding go, what should be the contract and how would you plan the play?

The screenshot shows a bridge hand interface with the following details:

- Table:** A 24 table.
- North (bevhall543):** ♠ KJ9852, ♥ 6, ♦ 5, ♣ KJ632.
- West (lettie37):** ♠ (blank), ♥ 97, ♦ A1097642, ♣ Q1084.
- East (DiSax):** ♠ 7, ♥ AKQ1053, ♦ K83, ♣ A95.
- South (4Lindsay):** ♠ AQ10643, ♥ J842, ♦ QJ, ♣ 7.
- Score:** 0-0.
- Contract:** 4♥ East.

MEMOIRS

Last month we had a catch-up session via e mail where members submitted their work for others to enjoy. This virtual session was nothing like as enjoyable as the real meeting. But it's keeping us together as a group and focussed for the time being. Interestingly in the national newsletter memoirs writing is mentioned as being popular with other U3A groups so if time is hanging heavy think about it. Once you break the ice the memories will come flooding back. You will be in good company!!

Sheila Harrop

ART

Volunteering at Manchester Art Gallery.

Do you like meeting and chatting to people? Are you interested in the Arts, and do you want to develop your knowledge and skills? I wanted to do all those things and that's why I became a volunteer tour guide at Manchester Art Gallery. I discovered that you don't need to know a lot about Art, or Art History - the training you get is excellent - but an enthusiasm and willingness to research is useful. I do enjoy the research, not just for the gallery's benefit but for my own, too.

So how did I start? I'd been retired five years and was approaching my 70th birthday. The application form was sent in, accepted, and followed by an interview by the tour guide coordinator. I did wonder if I was a little too old to be considering starting on this route, but she was very encouraging and very patient during the following two year training.....only one day each month. I had a mentor who was very helpful, and we took the tours together at first- she did most of the talking! - until I was confident enough to talk about one or two paintings myself. The guides' organizer accompanied us occasionally, and she has become a friend. Finally, I was 'let loose' on the visitors, alone, and have been guiding them round the gallery for the last eight years.

There are over 70 volunteers, and 40 of them are at Manchester Art Gallery, the rest at Platt Hall Costume Gallery. In Manchester we have 26 tour guides and they are a friendly, helpful group. The other volunteers work behind the scenes in conservation, the archives and cataloguing, or in the children's gallery, or the education rooms. I realised that there is a lot more going on in the gallery than I thought!

The number of tours we do is purely optional (I do about one a month) and if at any time you're unable to cover your tour someone else will usually step in for you. I love meeting all the different visitors and there is a wide diversity of people of all ages and from all countries. We have some who emigrated from Manchester years ago and are on a return visit, others might be students from foreign countries, and it never fails to amaze me that most of the visitors I take round the gallery have never done a gallery tour before. There may be any number from 1 to 30! Yes, I did have just one visitor one day - from China via Manchester University, and we had some interesting discussions as we walked round. But it is better with a larger group.

One man I spoke to said he had just flown his plane in from America. It turned out he was an American Airlines pilot who liked to visit the Art Gallery of any European city he landed in. It was his first visit to Manchester, and was very impressed with the city, the architecture and the gallery.

The tour guides have a lot of freedom to choose which works of art they want to talk about, but because the tours are called "Highlight Tours" we are expected to include one or two of the most important paintings in the gallery. For example, by such artists as Turner, Stubbs, Gainsborough, Lowry, etc. and each guide usually chooses a different selection. Occasionally you have to be quick-thinking, because works are sometimes taken down, or loaned out, and it is rather embarrassing to take a group to a painting which you thought was there but has been removed! It's only happened to me once, so now I go into the gallery a couple of hours before my tour just to make sure everything is where I expect it to be. I usually cover about 8 works of art.

Apart from the Turner seascape, my favourite painting there is one by Ford Maddox Brown and it's called "Work". The link from which you can see this is -

<https://manchesterartgallery.org/collections/title/?mag-object-82>



This shows, in one painting, poverty, wealth, class, inequality, and a cross-section of London life in the mid 1800s. It's well-documented and it took him about 13 years to paint it! I love the characters in it, the work they're doing, colours and detail, and it's often included in my tour. The artist had strong links with Manchester and painted the murals in the Town Hall, also worth seeing. At the moment that building is closed for about 4 years for renovation - nothing to do with the Coronavirus.

During lockdown the tours have been operated through 'Zoom' and the next one is on July 4 at 4pm and entitled "Women in the Gallery". I haven't been involved in guiding any of the Zoom tours (my choice) but will be joining the next one as an onlooker. Anyone can join in, it's free, and you book through "Eventbrite" online, or the Manchester Art Gallery website (Events).

<https://manchesterartgallery.org/exhibitions-and-events/event> I do miss going into the gallery and on the train into the city, but the volunteers have set up their own group online to exchange thoughts, ideas and suggestions, some serious, some humorous. It will be good to see them face to face though, hopefully soon.

At the moment the gallery is not taking on any new volunteers; however if it's something you are thinking about then there is some information on the website about how to register your interest in volunteering. We are very well supported by the gallery staff with training sessions, advice and information. Some of the perks are special tours around temporary exhibitions, which are constantly changing, and special social events both in the gallery and outside. Most of all, though, I enjoy the work, it helps me to keep fit, give something back, and keep the grey cells working!

Mavis Dean

Explore the Royal Academy: The RA opens its doors.

An art haven for over 250 years now available to explore from your home. Learn about the history of the Royal Academy, follow a virtual tour and see all the artworks. Many videos and stories. See artworks by Banksy, David Hockney, David Shrigley, and more. Grayson Perry takes you on a tour of the summer exhibition.

<https://artsandculture.google.com/project/meet-the-royal-academy?sourcenummer=624630>



CINEMA

During Lockdown there has been a wonderful selection of films on offer via mainstream T V and other channels. The cinema club members have been selecting films and trying their hand at being critics!!! We thought it would be helpful for when the films are shown again which they no doubt will be.

Life of Pi

The film is adapted from the book, written by Canadian philosopher, Yann Martel. Published in 2001, it won the Man Booker prize the following year. A work of fantasy, it tells of the survival of the hero "Pi", who drifts in the Pacific Ocean with a Bengal tiger for company. Making the film posed enormous challenges {the tiger was computer generated! It was released in 2012 to great acclaim and won four Oscars, including best director for Ang Lee.

Reactions from the group were varied. Some found it strained their "suspension of disbelief " too far, others were entranced by the beauty and narrative of the film. A common complaint was that the film was rather too long and confusing at times but overall it is a remarkable, enchanting film which is well worth watching on several levels; not only for the skill of the cinematography, but also for the twist in the tail of the story and the philosophical challenges it embraces. It will be a milestone in the history of Cinema.

Do look out for it and give it a try.

Sheila Harrop

Goodbye Christopher Robin

The film was beautifully shot and showed the contrasting worlds of High Society London and rural Sussex. Only in the countryside could AA Milne find any semblance of peace after his horrific experiences in WW1 but that life seemed not to the taste of his society wife who seemed totally superficial and lacking in any sort of empathy for her husband and son. Stability in CR's life was supplied by his loving Nanny, beautifully played by Kelly Macdonald and it is only when she has to leave for a while to tend to her sick mother that the relationship between father and son develops, leading to the creation of the Winnie the Pooh books.

I had no idea that CR became so famous all over the world, largely promoted by his mother who seemed to enjoy the life of a celebrity at a great cost to her son's happiness and wellbeing. His childhood is further blighted when, after such a sheltered existence, he is sent to boarding school where he is constantly bullied. WW2 offers him an opportunity to become his own person and gain some sort of anonymity and also the realisation of how important those books were to his fellow soldiers.

Marlene Brookes

CHURCHES AND PUBS

Here are the answers to the Churches and Pubs Quiz in the last newsletter.
How many did you get right?

1 What year did Churches and Pubs start.	2008
2 Who started the group.	Steve Reynolds
3 How many different people have run the group.	2
4 Name the people who have run the group.	Steve Reynolds/Paul Kenneth.
5 How many churches have we visited.	79/80.
6 How many different pubs have we visited. Not the same answer.	70/71
7 How many trips have we had to cancel. Not including this year.	2
8 How many different counties have we visited.	6
9 Can you name them.	Derbyshire, Lancashire, Cheshire, Yorkshire, Staffordshire, North Wales
10 Can you name the largest church we visited.	Marble Church. North Wales.
11 Can you name the smallest church we visited.	St. Saviours, Stydd.
12 Which county have we visited the most.	Cheshire and Derbyshire. 27 each.
13 Which church provided the best refreshments.	St. Chads Longsdon Staffordshire.
14 Which church gave us the best/amusing talk.	St. Werburghs. Warburton.
15 Which pub did we have the best lunch in.	Your choice.
16 Name the church we travelled the furthest distance to.	69 miles. The marble church North Wales.
17 Name the church we travelled the shortest distance to.	5 miles. Woodford.
18 Which church was the oldest one we visited.	St Marys and St. Laurence Bolsover.+ Possibly the church at Stydd as well.
19 Which pub was the oldest one we visited.	Yew Tree at Caudon Staffordshire. 400 years old.
20 Which was the most interesting church we visited.	Your choice

I am not sure if it will be possible to do any trips this year. If anyone would like their money back that they have paid, please telephone me or it can be carried over till we manage to go again.
regards

Paul Kenneth

BALLROOM DANCING

In June, ballroom dancers were sent guidance to Argentine Tango beginner steps, and to the Sweetheart Waltz easy sequence - accompanied by two pictures from the past. Different sort of masks then!



Walter Mason

READING

Northanger Abbey

Jane Austen wrote this novel at the age of 23 and sold it to a publisher in 1803 for £10 but it was not actually published until after her death in 1818. It is a satirical novel, mocking the ghastly Gothic novels which were all the rage at that time.

Catherine Morland, the heroine is a naive clergyman's daughter who has the good fortune to attend a season in Bath. There she experiences a whole new exciting and at times frustrating world. Her vivid imagination is almost her downfall, but all ends happily of course.

It lacks the intricacy and memorable characters of Jane Austen's later novels but it has a charm of its own. Some of the situations, false friends, fake news, materialism still resonate today. It's a gentle escape from the worries of our world.

Sheila Harrop

You can read this book and more Austen titles courtesy of the Gutenberg project which has digitised many classic literature books. The books are available in several formats including HTML and Kindle.
<http://www.gutenberg.org/ebooks/121>

The 2007 TV movie version of Northanger Abbey is available on YouTube at
<https://www.youtube.com/watch?v=MqrfXsDshgg>

MUSIC

These are the answers to the quiz in last month's newsletter. Thanks to Hazel Jones for this. How did you do?

Song	Musical
If I loved you	Carousel
The Lady is a Tramp	Pal Joey
I Talk to the Trees	Paint your Wagon
Where is Love	Oliver
People will say we're in Love	Oklahoma
On the Street where you live	My Fair Lady
Secret Love	Calamity Jane
Hard Headed Woman	King Creole
Who wants to be a Millionaire	High Society
You're the One that I Want	Grease
Luck be a Lady	Guys and Dolls
Let Me Entertain You	Gypsy
The Time Warp	Rocky Horror Show
It Might As Well Be Spring	State Fair
Some Enchanted Evening	South Pacific
Bless Your Beautiful Hide	Seven Brides for Seven Brothers
Make 'Em Laugh	Singing in the Rain
Somewhere	West Side Story
Bare Necessities	Jungle Book
Almost Like Being in Love	Brigadoon

This week's musical from Film on Stage is A Grinning Man. This is based on the book by Victor Hugo, The Man Who Laughs.

A strange new act has arrived at the fairground. Who is Grinpayne and how did he get his hideous smile? Helped by an old man, a lone wolf and a blind girl, his story must be told. This is an epic tale of an abandoned child with a terrible secret. A disfigured youth who is desperate to hide and a sightless girl who longs to be discovered. Let the darkness seduce you.

<https://bristololdvic.org.uk/whats-on/the-grinning-man>



Opera North

Has several operas for you to watch online free of charge. Current offerings include Wagner's Ring Cycle and Trouble in Tahiti; a short opera by Leonard Bernstein.

<https://www.operanorth.co.uk/watch-online/>

SHAKESPEARE

We have continued to meet during lockdown thanks to Zoom, albeit with reduced numbers. This time around a different Casting Director is appointed or "volunteered" for each play. We are currently reading *The Tempest* for which Peter Owen is allocating parts, previously we read *Cymbeline* under Louanne's watchful supervision.

In addition to our own efforts there is also plenty of the Bard on You Tube and the TV channels so really, no need for any lockdown withdrawal symptoms at all.

For any member wishing to join us, the next meeting is Monday 6 July at 9.45 but you will need to download Zoom.

As it's midsummer, here is Oberon in lyrical comment on wildflowers:

I know a bank where the wild thyme blows,
Where oxlips and the nodding violet grows,
Quite over-canopied with luscious woodbine,
With sweet musk-roses and with eglantine.

Steve Reynolds

Picking up Steve's point about watching Shakespeare online, I've been doing my share! First I watched Tom Hiddleston in the NTLive screening of *Coriolanus*; a play with which I'm not very familiar. In my view, Tom Hiddleston gave an outstanding individual performance in the title role. Next was the RSC screening of *Macbeth* with Christopher Eccleston and Niamh Cusack. This was definitely a different version with children dressed in pink onesies playing the witches and an onscreen digital clock counting down the seconds to Macbeth's doom. The pace was quite frenetic but this isn't my favourite version of the Scottish play. Then came the BBC 2016 film version of *Midsummer Night's Dream* with Maxine Peake as Titania, Matt Lucas as Bottom and John Hannah as Theseus. I finished off this week with the RSC 2014 production of *Much Ado about Nothing* issued by the BBC as part of its Culture in Quarantine series. This I really enjoyed. The play opens with soldiers returning from WW1 setting the tone for smart military uniforms. As a lot of the action takes place in a grand manor house we have dress outfits, evening dresses and white tie all set in a drawing room ready for Christmas. A fair bit of dialogue is skipped and there are musical interludes and dancing that were maybe not planned by the playwright but it all made for an entertaining production. You can catch all of these on YouTube and *Much Ado* is also available on BBC iPlayer.

<https://www.theupcoming.co.uk/2020/06/12/bbc-culture-in-quarantine-much-ado-about-nothing-at-the-rsc-online-theatre-review/>

Diane Saxon

U3A Drama online

Reigate and Redhill U3A's Drama Group has created a play, filmed entirely on Zoom. 'The Front Window' can be seen on their YouTube channel. <https://www.youtube.com/watch?v=fx1OvCp0XEE>. Given our sterling efforts at the murder play earlier this year I reckon we could do better – any volunteers!

GARDENING

In June, around 40 pictures of members gardens and flowers were circulated to the group.. A small selection is here, each from a different gardener - Chris/Jackie, Deirdre, Lynda, Walter, Lynn, and Ruth.



Walter Mason

John McCartney reports his tomatoes are nearly ready for eating! - if you like them green. How are your tomatoes doing? Send me some photos. I've harvested a couple of home-grown cucumbers so far and am enjoying forests of salad leaves! Saves throwing away the dregs of the salad bag each week. (ed)



TODAY'S RECIPE

Chinese pork with green beans

I learned to make this from an ayi in China. It's very versatile, very easy and quick to make and delicious. You can add more or less anything you like to the sauce!

You need

Minced pork
Green beans
Small onion
Garlic
Ginger
Oil – use chilli oil or sesame oil if you have it.
Chillies – to taste - if you like them
Spring onions for garnish

Sauce

1 tbsp dark soy sauce
1 tbsp Mirin – or dry sherry
1 tbsp Sugar
1 tbsp chilli sauce

Mix the sauce ingredients together.

Parboil the green beans for 3 or 4 minutes. Drain and leave to dry.

Fry the onion in a wok with a little garlic and chopped ginger.

Add the pork and break up. Fry for about 5 minutes.

Turn the heat up and add the green beans. Fry for a few more minutes until beginning to colour.

Stir in the sauce.

Garnish with chopped spring onions

Serve with rice or noodles or on a bed of a Chinese leaf.

PHOTOGRAPHY

The June competition subject was "A Flower", and there were 24 varied and colourful flowers to choose from. 4 photos stood out from the rest and voting was close between them. The result was:-
FIRST EQUALS - Diane (Rose Designer Sunset) and Walter (Poppy);



THIRD EQUALS - Chris (Iris) and Diane (Passion Flower).



Next month the subject is "A Front Garden".

This is a collage of all the photos in the competition.



Walter Mason

Tips for taking a good photograph.

Here are a few things which may help you improve your photography skills.

You don't need expensive equipment or great technical knowledge to achieve good photographs, Inexpensive cameras, phones and i-pads can achieve excellent results. I am not going to bore you with technical details there are plenty of good web sites available.

Composition. This is very much an individual thing, but certain rules help. The rule of thirds used for many years by artists helps. Do not position your subject in the centre – a third of the way down from the top or up from the bottom and a third of the way from the edge of the photograph will improve the effect.

If taking a landscape, position the horizon one third or two thirds of the way up depending on how much sky you want in the photograph.

Try to position something of interest or unusual shape in the foreground.

Framing the photograph by taking the shot through the arch of a bridge or through trees will help to improve it. Linear features such as walls, fences, tracks or streams leading from the foreground help your eye to lead into the picture subject.

When photographing a person or an object try to establish the background. If you want to include this detail get as close to the subject as you can to include the detail. If you want to concentrate more on the subject, try moving back and using the zoom; this will help.

Lighting. The best time to take photographs is during the “Golden hour” within 1 hour after sunrise and 1 hour before sunset. This gives much more detail with better colours and longer shadows. Try to avoid taking photographs when the sun is high in the sky; there will be very little shadow detail. Always where possible have the sun behind you to avoid glare but beware of casting your own shadow onto the picture.

Clouds can make for really good photographs even on dull days - particularly if the sun suddenly appears momentarily.

If your device has an Automatic setting leave it set on; that will cope with most situations. The only exceptions are landscapes where the Landscape setting will help to keep the whole picture in focus, or if the subject is moving, use the Sport setting. This will help to freeze the subject and avoid blur.

Take lots of photographs and delete the bad ones. Try taking a few pictures of the subject from different angles then choose the best. Try shooting from different heights; this is particularly good when taking pictures of water; try from almost at water level. (If you can get up again).

Lastly make sure you hold your camera still when pressing the shutter – try not to jerk the movement. If necessary, rest your camera on a suitable wall or fence or even use your walking pole as a makeshift support if you are out walking.

I hope these little hints are helpful. Remember the more you practice the better your results.

Jeff Robinson

U3A EYE Photography project

<https://u3a.org.uk/learning/u3a-eye>.

The most recent theme was Beginning with T. There is a brilliant photograph of a little egret taking off. The new theme is **Circles** but the closing date is Thursday, 1 July so you will have to be prompt. The next theme will probably be announced later this week.

QUIZ

Our fortnightly quizzes continue. I think they are getting harder.

In early June we had logos, food anagrams and connections. The current quiz is set by Mavis and we have lots of cryptic clues, songs and objects.

Just a few for you here

Some logos



What connects all three?

1. Marple, Gray, Russell
2. Strauss, Gower, Cooke
3. Rock, False, Copper
4. Potassium, Tungsten, Silver
5. Victor, Charlie, Mike

Diane Saxon

WHAT HAVE MEMBERS BEEN DOING?

Pauline Wright says - I am really missing my U3A activities but have managed a few online backgammon games with some of the group. I was previously a daily swimmer too, but that has now been replaced by twice daily walks as I adopted a little dog 4 weeks ago and he is certainly keeping me busy - which I love. Getting used to extra hoovering too with white hairs on my red carpet, but Danny is well worth it.

My phone is almost in meltdown with all the conversations, messages and meetings that have been flying about to keep in touch with friends and family. I am so looking forward to all the activities resuming but am expecting it to be next year before we get regular meetings going again.

Take care and I hope to see everyone soon

Pauline Wright xx

Deidre Nicholls sent us this. She says "I thought you would like to see a little skirt I designed and made for my granddaughter. It's knitted squares sewn together. I haven't been able to see her to let her have it yet, but hopefully soon. It kept me busy anyway. Best wishes" Deirdre Nicholls.



Trevor Kinvig has been enjoying jokes circulating on twitter

Recently got a job as a waiter.
It's not great but it puts food on the table.

Got a new job at the guillotine factory
I'll beheading there shortly.

I hate it when my wife says "Are you listening to me?
Such a random way to start a conversation.

I got a new job working shift work making chess sets.
I'm on knights next week.

What do you call a dictionary on drugs....."Addictionary."

LOCKDOWN

Marion Scott sent me this poem. It's currently very popular on social media and many people were attributing it to Pam Ayres. However, Pam has posted on twitter that she didn't write it. The author is Jan Beaumont, an Australian.

I'm normally a social girl
I love to meet my mates
But lately with the virus here
We can't go out the gates.

You see, we are the 'oldies' now
We need to stay inside
If they haven't seen us for a while
They'll think we've upped and died.

They'll never know the things we did
Before we got this old
There wasn't any Facebook
So not everything was told.

We may seem sweet old ladies
Who would never be uncouth
But we grew up in the 60s -
If you only knew the truth!

There was sex and drugs and rock 'n roll
The pill and miniskirts
We smoked, we drank, we partied
And were quite outrageous flirts.

Then we settled down, got married
And turned into someone's mum,
Somebody's wife, then nana,
Who on earth did we become?

We didn't mind the change of pace
Because our lives were full
But to bury us before we're dead
Is like a red rag to a bull!

Keep safe and well – love Marion

So here you find me stuck inside
For four weeks, maybe more
I finally found myself again
Then I had to close the door!

It didn't really bother me
I'd while away the hour
I'd bake for all the family
But I've got no bloody flour!

Now Netflix is just wonderful
I like a gutsy thriller
I'm swooning over Idris
Or some random sexy killer.

At least I've got a stash of booze
For when I'm being idle
There's wine and whiskey, even gin
If I'm feeling suicidal!

So let's all drink to lockdown
To recovery and health
And hope this bloody virus
Doesn't decimate our wealth.



We'll all get through the crisis
And be back to join our mates
Just hoping I'm not far too wide
To fit through the flaming gates.

Limerick competiiton

Your task for next week is to write a limerick. Please write one – or more – and send them to the editor at newslettereditor@highlaneu3a.org.uk The Committee will choose (online of course) which we think are the funniest/best – and if we get enough entries there will be a small prize for the winners. The closing date is Saturday 18 July.

Les Birks sent me a link to a similar amusing, if naughtier, poem, 50 Shades of Grey. This was also thought to have been written by Pam Ayres but again she has denied it; the author is John Summers.

The poem starts:

The missus bought a Paperback,
down Shepton Mallet way,
I had a look inside her bag;...
T'was "Fifty Shades of Grey".

Well I just left her to it, see,
And went off up to bed
An hour later, she appeared
Oh the sight filled me with dread

I think I'll leave this one there. For those who wish to have a look at the poem it's easy to find on the web. One link is <https://jeanniezelos.wordpress.com/2013/03/15/50-shades-of-grey-poem/>

A Senior's version of Facebook

Margaret McDermott sent me this – the earliest reference I can find is Vancouver Island Now in 2017.

For those of my generation who do not and cannot comprehend why Facebook exists, I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I've eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom.

I give them pictures of my family, my dog, of me gardening, taking things apart in my garage, watering the lawn, standing in front of landmarks, having lunch and doing what anybody and everybody does every day. I listen to the conversation, give them a "thumbs up" and tell them I "like" them and it works just like Facebook.

I already have four people following me – two Police Officers, a Private Investigator and a Psychiatrist!!

ZOOM



Zoom has been mentioned several times already here; several of our groups are using Zoom to communicate and it seems to be the method of choice of National Office for events and meetings. It is very easy to use.

You first need to download the Zoom app to your device – the device can be a computer, tablet or phone; whichever you wish to use. The device will need to have a camera and microphone. Most modern phones and tablets already have these. There is a test meeting you can join to get used to Zoom

You don't need to be signed in to join a meeting. The person running the meeting will send invites to everyone who is attending. The invitation will include a meeting ID number. You enter this number on your Zoom screen and a name to be known by during the session – probably your real name!

If you wish to use Zoom a lot and host your own meetings you will need to create an account. You will be asked to enter your email and create an ID and password. This is stored in the Profile section.

There are lots of tutorials for getting started on YouTube. For example <https://support.zoom.us/hc/en-us/articles/201362193-Joining-a-meeting>