

Fairford and District U3A



Special Bulletin

Easter 2020

Firstly, thank you all for your kind comments on the first Bulletin. This is the second Bulletin which I hope you will find useful. Please pass the information on to anyone who you think may be interested.

Don't forget if you are self-isolating, then the clerks at Fairford Town Council are your first port of call if you need shopping or any medicine delivered. A network of co-ordinators and helpers has been set up to help everyone self-isolating. Tel: 01285 712344 or email clerks@fairfordtowncouncil.gov.uk. **IF YOU DON'T GO OUT YOU WON'T GET THE VIRUS!** Don't be too proud to ask; it could save your life.

In addition to the first bulletin, we now have a few more nuggets of information which may be of interest. Please let the editors know at editor@fairfordu3a.org.uk if you have any information you would like to share.

If you have trouble with the terminology or understanding any of the 'jargon' speak to your families – I am sure the younger generation will be able to help you! We will try to keep it simple. We are aware that there are people out there who will find it difficult so if you can pass the information on to your friends by phone then please do.

There are several different ways to keep in touch with video calls. I have found that a Whatsapp video call with the family works well but there are plenty of other options. Try Googling it to find out!

Marilyn Gibbon: Editor, 9 April 2020

Margaret Bishop would like to thank everyone who has sent letters and cards and phoned her after the death of her husband, Geoff. Geoff instigated our U3A website and was very proud of the fact that our U3A learned to maintain it ourselves. He was a founder member of the U3A, and many will remember that he played a very great part in its initial establishment. Our thanks, Geoff.

Anxiety UK are running a helpline if you have been diagnosed with an anxiety condition. Phone 03444 775 774 Monday to Friday, 9.30 am to 10pm; Saturday to Sunday, 10am to 8pm. Website: www.anxietyuk.org.uk

This information was correct at the time of putting together this Bulletin; however the current situation is changing all the time.

FOOD AND ORDERING

FRUIT AND VEGETABLES

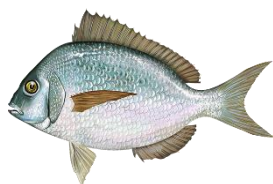


Benno's Fruit and Veg on the market is doing a pre-order. Collect from them on a Wednesday at a safe distance in the Market Square.

Collect from 8am until 10.30am.

Order via facebook – he may be able to help but he is very busy!

FISH



New Wave Seafood has been a supplier of sustainable fresh fish, seafood and fine foods to restaurants for over 30 years and they are local!

With the current situation and to assist the general public, they are offering a delivery service to your door throughout the Cotswolds, Oxfordshire and beyond. Order before 12 noon and delivery will usually be the next day. They will email you on receipt of your order.

Free deliveries for orders over £20 and get 5% off if you spend more than £100. Phone 01285 715160 and order at <https://newwaveseafoodonlineshop.co.uk/>

BIBURY TROUT FARM is open for fresh fish products and some essential supplies. Call or email to order 01285 740215, enquiries @biburytroutfarm.co.uk

RAILWAY INN Fairford: 01285 712368

Are offering a delivery service for meals, drinks and some store cupboard items. Give them a ring on the above number for details.

BREAD SPECIALISTS

<https://www.thebillowingloaf.co.uk>

The Bread man from the market is planning to set up a weekly delivery on Wednesdays as soon as he can! See the above link to his website or find him on Facebook: The Billowing Loaf, 'like' his page and you'll get all the news including how to order.



BEER SUPPLIES:

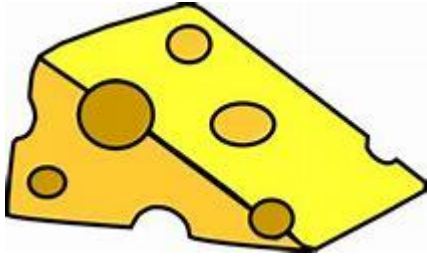
<https://www.cotswoldbrew.co/shop>

are offering a home delivery service – mainly lagers. See the above webpage for details on how to order.

Many of you are doing this: try and 'piggy back' with a neighbour who has a regular delivery at an online supermarket. Becoming a new customer and trying to register for home delivery with any of the supermarkets is difficult at the moment.

Tesco have been given a list of vulnerable people and are going to match them up with their database of previous customers and give them priority for home delivery

They are making thousands of new delivery slots available.



Ken and Myra who run the cheese van which visits the market every Wednesday are also offering a pre-order service via email or the telephone.

The phone number is 07515 392958 and his email is kenthecheese@mac.com.

Collect from the market at prearranged time. Don't forget to maintain safe distancing when collecting!

UPDATE: The Colosseo has now closed. They thank everyone for their custom in the past and hope to be back at some future time.



Fairford Patients Participation Group (PPG) - Church Services

Thank you John Read for forwarding this.

All places of worship are closed down at the moment but a number of churches have set up the posting of services on the internet. Here are some of the local Anglican website details.

The Lechlade church link is Online LIVE worship every Sunday at 10am:

www.facebook.com/stlawrencelechlade/videos

<http://www.facebook.com/stlawrencelechlade/videos>>*

And we have an audio service which can be heard on a Sunday at any time.

All it takes is one screen-click and everything else just happens! You can hear the service and join in hymns and responsive prayers (the words are on the screen).

So, just click here: <https://www.chqchurches.net/worship-at-home.html>

<https://www.chqchurches.net/worship-at-home.html>>* and off you go!

We hope to send you links for the Non-Conformist and Catholic churches soon.



Bridge

Margaret Bishop has done a lot of research on line for bridge lovers – thank you Margaret!

For those who enjoy Bridge, there's lots available on-line to entertain you in this time of seclusion.

FUNBRIDGE www.funbridge.com Download their APP free, it will give you either beginner information or up to 100 hands to play against the computer, or you can choose more difficult hands or opponents.

BERNARD MAGEE in association with Mr. Bridge, is giving free seminars live on Monday, Wednesday and Friday mornings at 11 am, recordings available on You Tube. He's a good teacher but a bit above beginner level. More information from bernardmagee.com or here's the link to the first seminar

<https://www.youtube.com/watch?v=X1ZFzRddRH4>

<https://www.youtube.com/watch?v=X1ZFz..>

There's also the good BRIDGE magazine, available free on-line now from **Mr Bridge**.

BRIDGEBASE ON LINE www.bridgebase.com is free, and you can either register to play or watch anonymously. If four of you register and then click, play a game and reserve seats you can arrange to play with your three friends online. Play is usually at Club standard and you can opt for more or less advanced hands. This is what most advanced players use; the site is often referred to as BBO.

NO FEAR BRIDGE www.nofearbridge.co.uk.is good for the whole range from complete beginners to advanced players, arranged on 5 levels, complete beginners starting at Level 0. Be sure you look for the English (ACOL) system and not the American (SAYC) system. There's some free information, including a downloadable Crib Card, but you would need to sign up for a month's free trial to have unlimited access. This is where to start if you want to use this opportunity to learn something new and take up Bridge.

If you want to buy a computer programme to play against on-line, with explanations, hints and tips, there are many commercially available, but most of them are based on the American system. Probably the best English system is Q BRIDGE, available from MR BRIDGE, costs about £45.

There's lots more available, some people recommend Gloucestershire teacher Andrew Robson but I don't as he doesn't teach the standard English system. Anyone with any queries is welcome to email me at mbishop1@timetalk.co.uk <mailto:mbishop1@timetalk.co.uk> and I will do my best to answer.

Enjoy your Bridge!

Margaret Bishop

THINGS TO WATCH OUT FOR ON TV OR ONLINE

BBC Culture in Quarantine:



The BBC have launched a new Culture in Quarantine service which will make archive performances available on BBC i-player as well as providing links to cultural programmes on BBC 4 and Radio 4. Among the first programmes to be made available are: Sondheim's 80th Birthday Celebration – a concert at The Royal Albert Hall from 2010 featuring excerpts from hit shows 'A Little Night Music', 'Sweeney Todd' and 'Into the Woods' performed by a starry cast of leading figures of the opera and theatre worlds with Bryn Terfel, Maria Friedman and Simon Russell Beale.

The Show Must Go On Channel

You Tube from Friday, 3 April at 7pm.

Following the National Theatre's decision to stream their plays for free on YouTube, Andrew Lloyd Webber has now made a selection of his musical theatre shows free to watch starting with Joseph and the Amazing Technicolour Dreamcoat. See the Internet for more details.

The Creation Theatre, Oxford has suggestions for children and grandchildren: Here's what they have to say:

Join us over the Easter Bank Holiday to be the first to experience Creation's innovative, interactive, anarchic response to making theatre under lock down. By purchasing a ticket you are helping to keeping professional actors and creatives in paid work and playing an integral part in the development of new ways we can continue to entertain our audiences.

They have workshops for children. See their website for more details:
<https://www.creationtheatre.co.uk/>

National Gallery:

Take a virtual tour of the National Gallery:

<https://www.nationalgallery.org.uk/visiting/virtual-tours>

Thanks to Freda Lang for passing this on.

FUN FOOTBALL QUIZ: Thank you Richard and Adeline Bell!



No answers – it's very easy and you have an indeterminate time to think!

We are living through history. Scary history, but history nonetheless. Keep a diary; one day you could be as famous as Samuel Pepys! Sound familiar?

On hearing ill rumour that Londoners may soon be urged into their lodgings by Her Majesty's men, I looked upon the street to see a gaggle of striplings making fair merry, and no doubt spreading the plague well about. Not a care had these rogues for the health of their elders!

Dawne Wirth: Creative Writing Group:What I do instead of worrying

I am going to take my dog for a walk, I choose a route seldom used.

There is a rustle in the bushes, the birds are startled at my approach.

The sky is blue and a balmy breeze blows and I won't see another living soul.

I could stay home and declutter the mess, it's been overdue for a while.

It is spring after all and that's what spring is for, getting rid of what I don't need.

It will be a most satisfying job and well worth doing.

There's the internet to occupy my time and keep me in touch with my Facebook friends.

I've got various computer games to play friends and I can socialise with people there.

I could research interesting topics and learn more of the world around me.

I could chat to the neighbours over the fence or even phone my mother.

My dogs would love me to throw a ball for them, watching them tumble around is so much fun.

My grass needs cutting , I could do that too, or just sit in the sun and read

There's no need for me to be bored, I can take pleasure in my own company.

So it's time to do what we all do best. Spread a little cheer.

Rice pudding (with apologies to A. A. Milne)

What is the matter with Mary Jane?

All over her face there's a look of pain.

She made some rice pudding without any rice –

I've told you once, you don't need it twice!

Is she losing her marbles, going quite mad,

is a ditsy spell making her feel so bad?

No, there's too much going on for her poor little brain –

there's nothing the matter with Mary Jane!

Nursery rhyme inspired by two boys' ingenuity in isolation

Two boys playing over a garden wall,
one called Peter, one called Paul.
Kick the ball, Peter.
Kick the ball, Paul.
Well done, Peter!
It's goal!



In Spring a young duck's fancy ...

Duck flew down to the side of a pool
Drake flew down to the other bank
both stood warming in the morning sun
then all at once -
Duck took flight,
Drake followed after.

Thank you, Maureen Partington; Creative Writing Group

Mother Nature is Spring cleaning!

It's high time!

Twitching and scrabbling her dusty-ended witchy broom into the nooks and crannies of man's neglect and degradation.

Previously pristine pure-white peaks of the highest mountains – now strewn and pock-marked with human traces - are an anathema to her ...

She is disgusted by the deepest, darkest trenches of the oceans polluted with plastic.

She knows the pain of the huge great white shark as it swims with a stomach full of carrier bags

She sees the swarms of flashing silver fishes as they filter-breathe the despoiled ocean through their gills

The birds of the air are sickened by their diet of detritus as they fly in the chemical air

The twinkling stars in the heavens are blotted out by light saturation as we strive to see them through man's junkyard that is space

The seas are far too warm; the ice not cold enough Gaia is out of kilter and we watch fearfully as Mother Nature adjusts the balance.

MG

KEEP CALM AND EAT CAKE! (continued from previous Bulletin)

Barbara was in a good mood for the rest of the morning and soon she and Ollie were busy baking, there was quite possibly more flour on Ollie and the floor than in the cake but he was happy enough. They even made some little biscuits without sugar and studded with peas for the ducks. Of course they had to try them first; it was amazing how nice they were, savoury and warm from the oven.

Later, they set off for the lake, clutching their bags of duck biscuits with the cake tin and drinks in the buggy. Barbara found it surprisingly difficult both to manoeuvre the buggy over the ruts in the country path and to hold onto Ollie with the other hand. Whenever she let his hand drop, he promptly sat down and had to be bribed with some of the cake to start walking again. When that happened, Barbara felt that she had better have a bit too, just to keep her strength up.

Eventually, they reached the bench by the lake's edge and sat together watching the ripples dance as the late afternoon sunlight caught the water. When Ollie said he was hungry, Barbara reached for the tin. To her surprise there wasn't much cake left, they were forced to share the last piece and, in the process, attracted the attention of several opportunist ducks. "Look Ollie, throw them some of the special duck biscuits we made."

The biscuits went down well with the ducks; feeding them on a 'one for me, one for you' basis soon emptied their bags and Barbara was able to return home with a tired toddler ready for his mother to put him to bed. She pushed open the door only to be greeted with a wail: "Mum, I can't believe you and Ollie ate all the cake that you made."

From Cirencester:

Thanks for your bulletin. I get it because I'm a member of Cirencester U3A and I help with your recorder group.

A few of us in Cirencester are trying to get some virtual U3A groups going, mostly via Zoom video-conferencing. At the moment this is still in the test phase but looks promising. The main problem probably is encouraging folk to try it. For that reason, my wife's Literature 1 has "met" by exchanging emailed comments and that seems to have gone well.

I just wondered (as a U3A group leader but certainly not a committee member) whether anyone in Fairford is going down this sort of route and, if so, it would help if we shared ideas and experiences. Just a thought.

Regards

Peter Stephenson

Contact him at peter.stephenson70@gmail.com

Rainbows – a suggestion from Sue Snell

How about knitting a rainbow for your window?

<https://knittingbypost.com/free-easy-knit-rainbow-knitting-pattern/>

The Getty Museum in Los Angeles are challenging people to become creative and produce their own masterpiece. Now this is a very clever idea. Have a look at the link below and try and re-create your own!

Copy and paste this link into your browser. You will be glad you did!

<https://www.sadanduseless.com/recreated-art/?fbclid=IwAR2Jv6wVSCaWqV5Exd9euFnDzsm-aBbDGstswN5fm8TC3PEMiQaWoUEpiew>

This is an email from Alan and Linda Eagle which some of you will already have seen.

Dear Friends,

Linda and I are so sorry that we were not able to say a proper 'goodbye' to you when we left Fairford two weeks ago. After dragging on for so long everything came to a head very quickly and, before we knew where we were, we were steaming down the M5 chasing the Removals Van.

Our plans to return for a while to Australia have now been put on hold by the Australian Government in view of the Coronavirus crisis. We are therefore most grateful that we had decided to invest in this seaside retreat which is currently suiting us admirably. We are up a bit of a hill and thus have a lovely view over the rooftops to the sea beyond, and Wales to the North. We thoroughly enjoyed our four and a half years in Fairford and for this we are particularly grateful to the U3A. We have participated in a number of Groups which in turn introduced us to a lot of friends which we will now sadly miss. The U3A here is based in Minehead and seems to be of a similar size to the Fairford U3A in members and Groups. But – no Petanque, Table Tennis or Rummikub. There are two Mah Jong Groups but, horror of horrors, they play clockwise!

Currently it is not proving a problem being confined to the house as we have plenty to do with minor refurbishments and decorating. In a further months' time we will start to miss the ability to explore the area. Although we are familiar with further round the North Coast from about Lynton and Lynmouth, and into Devon, this area is largely unknown to us. The views up to Exmoor look inviting and, before the problems, we had found a pub or two with good food which is mostly less expensive than GL7. Jilly, our Springer X, is settling in very well. It must be very confusing for her having had only seven months to get used to Saxon Way. Although our garden is not large, she is finding it most interesting as it is hilly and has a resident Squirrel. Also, in normal times, young schoolchildren appear in a school nature area behind us.

We wish you all the very best in health and happiness at this difficult time, missing you all.

We all need a bit of a laugh! It's good for you, releases positive hormones and makes you feel better! However, if you suffer from high blood pressure and/or are easily offended, please don't read on ...!

Jo Wicks is the new exercise guru on TV. Here is a letter from a disgruntled (and probably dislocated) participant of his PE class in the morning ...

Dear Jo

I appreciate everything you are trying to do with your 'PE with Joe lessons' every morning but I do have some constructive criticism if you wouldn't mind taking it on board for future lessons

Stop pretending your target audience is the kids. I know this is meant to be in lieu of the PE lessons they would ordinarily be having at school but most of them gave up on Monday (I know ours did) so the sooner you realise your audience is mostly made up of flabby middle aged folk like me who are only taking part because it is a welcome distraction from their own children/ trying to work from home /watching daytime TV while eating biscuits by the packet/ the better.

With that in mind, I have some recommendations for those of us who are badly out of shape and unaccustomed to fitness workouts. While I suspect the women taking part have had the good sense to put on a sports bra each morning, a reminder for the men to perhaps wear something more secure downstairs wouldn't go amiss. I mistakenly took part in my loose-fitting pyjama shorts this morning and to say my junk was behaving erratically would be an understatement especially during the bunny hops!

*A similar warning for those of us who are six feet tall would also be welcome. It's all well and good getting us to jump up and reach for the stars but I nearly punched an LED spotlight clean off our ceiling this morning and those *****s aren't cheap.*

Equally if you do acknowledge that most of us are not children, I suspect the bunny hops and kangaroo jumps may cease anyway but if they do continue please warn us to do little jumps as I alternated this morning between hitting my head on the ceiling and sending my colossal weight crashing through the living room floorboards each time I landed.

*That said I quite like the Spiderman moves, even though I couldn't get my knee all the way to the floor so I looked less like Spiderman and more like a geriatric pensioner bowling. Please bear in mind advising us to jump up and bounce off the wall to our right only works if we actually have a wall next to us. I have an open door and in the heat of the moment I damn near went down the ***** stairs. Keep up the good work and I'm sorry for calling you a sadistic cockney **** halfway through the workout phase.*

(Fill in your own expletives. I have left them out but most of them began with 'f!')

An Irish Joke

The day after his wife disappeared in a kayaking accident, at Claddaghduff, Ireland, a man answered his door to find a grim-faced constable and one other waiting in the front yard. "We're sorry, Mr. O' Flynn, but we have some information about your dear wife, Maureen," said one of the officers. "Tell me! Did you find her?" Michael Patrick O' Flynn asked. The constables looked at each other and one said, "We have some bad news, some good news, and some really great news. Which would you like to hear first?" Fearing the worst, Mr. O' Flynn said, "Give me the bad news first." The constable said, "I'm sorry to tell you, sir, but early this morning we found your poor wife's body in the bay." "Lord sufferin' Jesus and Holy Mother of God!" exclaimed O' Flynn. Swallowing hard, he asked, "What could possibly be the good news?"

The constable continued, "When we pulled the late, departed poor Maureen up, she had 12 of the best-looking Atlantic lobsters that you have ever seen clinging to her. Haven't seen lobsters like that since the 1960's, and we feel you are entitled to a share in the catch."

Stunned, Mr. O' Flynn demanded, "Glory be to God, if that's the good news, then what's the really great news?" The constable replied, "We're gonna pull her up again tomorrow!"

Thank you Michael Johnson! He has plenty more where that came from ...

All these are allegedly true extracts from letters written to a local council:

"I want some repairs done to my cooker as it has backfired and burnt my knob off."

"I wish to complain that my father hurt his ankle very badly when he put his foot in the hole in his back passage."

"Their 18 year old son is continuously banging his balls against my fence."

"I want to complain about the farmer across the road; every morning at 6am his cock wakes me up and it's getting too much."

"This is to let you know that our lavatory seat is broken and we can't get BBC2."



Stay home – stay safe