



Great Glen Newsletter

August 2020

Registered Charity No. 1099411

www.greatglenu3a.co.uk



Chair's Chat

Hello everyone

I thought by now Patricia and I would have joined the great majority of our members on the tightrope the government has rigged nationally between personal health, the well-being of the NHS and economic recovery. Not, mind you, that I would like to have to conduct the national orchestra just now. Anyway, the fact is that we remain in Leicester subject to restrictions little changed from those in force a month ago. The one thing I have really enjoyed though – one of the few recent local concessions – has been a visit to the barber. Shorn of my ageing rocker's lanky locks, I take fresh pleasure from the summer breezes playing round the back of my ears and neck. I was reminded of the time-honoured bellow of the drill sergeant hard by the ear of a new national service recruit: "Am I hurting you, lad?" "No, sir – sergeant." "Well, I ought to be. I'm standing on your hair ..."

Your Committee learned with considerable regret that changed circumstances and family demands have led Rachael Snashall to step down from the Committee after seven years' service as a Trustee. During this period Rachael has fulfilled the roles of Vice-Chair, Speaker Secretary and latterly member for Welcoming. We shall miss her, but we are delighted that she continues as Leader of the Art and Quiz Groups, and – whenever we return to face-to-face monthly meetings – she has kindly agreed to remain on hand to help.

Speaking of monthly meetings, we have now booked a programme of entertainment for the remainder of 2020. The meetings will be conducted by *Zoom*. Those already familiar with *Zoom* will know that the number who can meet this way using the free version is strictly limited and that meetings are usually timed out after 40 minutes. Your U3A Committee has now purchased the licence for a more powerful version of *Zoom* allowing up to 100 attendances and with no time limit. Those with the free version have the same privileges, provided they have received an invitation to attend. If you need help with *Zoom*, please let me know. One-to-one support can be provided, if required, to get you started. I now have quite a good list of members who have signed up to be invited, but can still accommodate more. I'll be sending out a reminder by email shortly to those members we know have attended previous monthly meetings. **Please let me know this week if you would like to be included.** Our next meeting, on Tuesday 11 August at 10.30 a.m., features Fools Gold, the excellent duo of Steve and Carol, giving us a fresh programme of music and songs with fascinating insights into what lies behind them. As Kitchener put it so succinctly: BE THERE!.

I am looking forward to the outcome of the Garden Photographs competition. There is still time to enter. All you need is smartphone or tablet. Entries depicting your garden, please to John Johnson – see later in this newsletter.

Robert Mansfield

chairman/at/greatglenu3a.co.uk

270 8284

Committee News

E-mail addresses

Just a reminder to members, who receive their newsletter as a printed copy by Royal Mail or hand delivery, to let me know if you have an e-mail address. Our income has been reduced as our groups cannot meet in person and it is quite expensive to produce the printed copies of the newsletter. If you can help to reduce these costs please do so.

That said we do understand that not everyone has access to the internet or the equipment to make use of e-mail.

Lynda Williams

[newsletter/ at /greatglenu3a.co.uk](mailto:newsletter@greatglenu3a.co.uk)

0116 2592106

Get into Zoom for Group Meetings

It's great to see familiar faces even if you can't meet in person.

The Zoom app is available for all PCs, tablets and smartphones and it lets you join or hold virtual meetings with other members who you can see and hear.

Installation of Zoom is usually quite straightforward. National U3A has produced user guides for installing Zoom. These are available on the front page of our (Great Glen) web site www.greatglenu3a.co.uk. But if you would like help in setting it up on your device then Sue and I are happy to help on a one-to-one basis over the phone.



Zoom Meeting Hosts

We now have two Zoom Pro licences which means that the enforced break after 40 minutes is not necessary. Contact me if you wish to use the Pro licence for your session.

Peter Russell

Sue Russell

[webmaster/ at /greatglenu3a.co.uk](mailto:webmaster@greatglenu3a.co.uk)

01572 822198

BEWARE OF SCAMS

The lockdown has brought out the scammers so please take great care in all your dealings online or on the phone.

Unsolicited offers to

- sell you COVID tests
- move all your money to a new 'safe' bank account
- fix your computer or broadband service

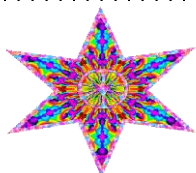
are almost sure to be bogus.

Always use known web addresses to log in to your bank , utility suppliers and any other service providers.

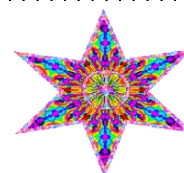
DO NOT USE links from unsolicited emails.

If in doubt, talk to a friend or known advisor first before proceeding with any transaction.

Monthly Meetings



**HOORAY – WE ARE BACK IN BUSINESS
FOR AUGUST
WITH FOOL’S GOLD**



DON'T MISS OUR FIRST ZOOM MONTHLY MEETING ON Tuesday 11 August at 10.30 a.m.



Acoustic duo Carol and Steve delighted us not so long ago with one of their programmes of music & songs, brought to life by accounts of the histories, mysteries and sometimes tragedies that lie behind them. Be sure to join US AND THEM AT OUR FIRST Zoom virtual monthly meeting. Wait for emails from Robert on how to attend, or phone him on 0116 270 8284.

We look forward to seeing you at the Zoom meeting

And something to look forward to at the next Monthly Zoom Meeting on 08 September 2020 –

The author Philip Caine will be talking about his life and The Jack Castle Books.

Having spent many years working as Manager, Operator, Director within the Facilities Management and Contract Catering Industry in the Oil and Gas Industry/Military/Construction Industry all over the world he started writing in his spare time and is now a full time self-employed author.

He is well known for his Jack Castle books. A summary of the character - Jack Castle was born in England's Lake District, the eldest son of two doctors. He attended Edinburgh University until his 21st birthday, when the sudden death of his parents changed his mind-set, and he joined the British Army. After twenty years of service, and achieving the rank of Captain with the SAS, he left the military for the lucrative world of Private Security. Jack eventually took over the company and built it into a successful, worldwide entity. His brother, Mathew, works for British Intelligence and from time to time solicits Jack's help, on the more sensitive international missions.

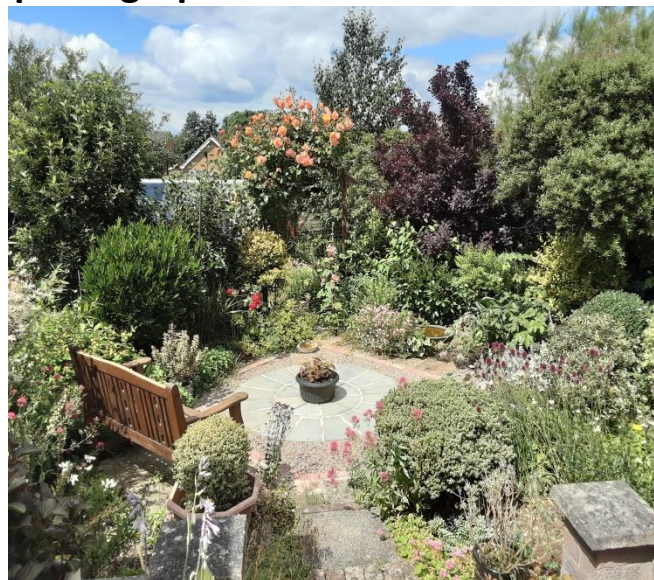
Jack lives in Berkshire with his wife Nicole and their twin daughters.

Philip is a very entertaining speaker – do join us to hear what he has to say



Summer Garden Photograph Competition

Don't forget to send in your photographs by 21 August 2020
Here are a couple of samples of photographs we have received



DOES THIS GIVE YOU THE INSPIRATION
TO PICK UP YOUR CAMERA?

All photographs must be of your own garden and taken during the recent lockdown, only one photograph per garden please.
You must agree that the photographs may be reproduced in the monthly newsletter.

Please send your entries by email to:

[groupcoordinator/ at /greatglenu3a.co.uk](mailto:groupcoordinator@greatglenu3a.co.uk)

Closing date for entries is 21 August 2020.

THE COMMITTEE WILL JUDGE THE WINNING ENTRY
AND SO WILL BE LOOKING FOR THAT SPECIAL SHOT
TO TAKE THE WINNER'S SPOT

And
the
Winner
is...

THIS WILL BE ANNOUNCED
IN THE SEPTEMBER NEWSLETTER

GROUP NEWS

The front page of our website has a link to a list of all activities currently running on zoom, email or in other ways. Go to www.greatglenu3a.co.uk

Our groups keeping in touch through e-mail and/or telephone are:

- **Monday and Thursday Book Groups** who continue to read agreed books, and submit reviews to the Group Leader who circulates them to the members of the group
- **Tabletop Games** who have a weekly quiz and keep in touch by telephone
- **Mini Bridge** who have a daily quiz

Our groups keeping in touch through Zoom are:

- **History, Family History, French for Beginners, New Age Kurling, Ukuleles, Writing for Pleasure, and Zoom Quiz**

And **Walking without Stiles** hopes to start walking again in August – see below

Our local network group have been collecting information on what U3A's have been doing during lockdown. Perhaps they could provide inspiration for you and your group

A whole variety of different methods have been deployed to keep in touch. Here are some of the methods used and the uses they have been put to:

- WhatsApp Groups (various groups just to keep in touch)
- Email (Living History, Needlecrafts – sharing ideas, Poetry Appreciation);
- Zoom/Skype/FaceTime (Committee Meetings, Quizzes, Book Group, Current Affairs Group, Science/Technology Group, Spanish, French Conversation, Music Group, full monthly meetings including speakers/musical performances, History Group, virtual coffee morning)
- Phone calls (to more isolated members)
- Socially distanced outdoor meetings (Gardening Group, Walking Groups)
- Cards and Letters (just to keep in touch)
- Various Internet & TV Programs (using iPlayer and various similar methods)
- Phone (French conversation group);
- YouTube (Ukulele Group sharing individual performances)
- Website (Adapting a Newsletter to an online magazine plus weekly news-sheet)

Groups that have restarted (albeit with restrictions):

- Golf
- Table Tennis (from August 7th)
- Photography (projects completed and emailed to Group Contact)
- Walking Group (socially distanced, of course).

LEARN SOMETHING NEW

Autumn Craft Sessions - Ideas wanted!

We would like to be able to offer more craft sessions on zoom, using easily sourced materials, but we need your help. Do you have an idea you could suggest?

What have you mastered during the lockdown? Have you tried something new or joined another on-line class? Have you seen something on YouTube you would like to try? What about Christmas decorations? Please get in touch with any suggestions and we will do our best.

Sue Russell

lsn/at/greatglenu3a.co.uk

07976 263206

Face Coverings

Thursday 20 August 2.30pm on Zoom with Sally Wassell and Sue Russell

As face covering become mandatory in more places, it will be very useful to have several reusable face coverings that can be washed with your laundry. You **could** make your own. There are lots of patterns and tutorials available but there is so much information that it can be confusing. Which style is easiest to make? / most comfortable to wear? / won't make my glasses steam up? This session can help you decide.

If you would like to know more about the different styles and options for face coverings and how you can make your own at home, do join us.

You don't need to be good at sewing! Sally, who hasn't really sewn before, will show you what she's learned. There will be step-by-step instructions for making a basic mask, with or without a sewing machine. We'll discuss different styles and explain the pros and cons. We'll also offer hints and tips gained from our own experiences of making masks for the community.

If you are an experienced mask maker, we'd love you to join us and share your knowledge too.

This is an informal session, so there will be time to chat.

To take part email [lsn/ at /greatglenu3a.co.uk](mailto:lsn/at/greatglenu3a.co.uk). We will send out a meeting link on the day that you can click to join us. If you haven't used zoom before but have access to the internet with a tablet (iPad or Android), or laptop, let us know and we'll help you.

We look forward to seeing you.

Sally and Sue

[lsn/ at /greatglenu3a.co.uk](mailto:lsn/at/greatglenu3a.co.uk)

07976 263206

Some special information from groups

Would I lie to you? – a new group

After a very successful first meeting we are arranging another, and we can now take more people. It is a guessing game based on the idea of the TV show with Rob Brydon, Lee Mack and David Mitchell, adapted for zoom.

How does it work?

A nominated person makes a claim such "I once held the British record for tiddlywinks". Other participants then have about 5 minutes to ask questions, such as "when was this?" or "what was the record?" to try to establish whether the claim is true or not. After 5 minutes we vote by all holding up our individual voting card showing TRUE or LIE and the claimant tells us which is correct. If you guessed correctly, you get a point. Another person is then nominated to make their claim, and so we continue.

When is it? Wednesday 26 August at 7.30pm until 9pm.

How do I join?

Email me. You need to think up 2 claims and send them to me. They can be both true, both lies, or one of each. Don't tell me if they are true or not, but do keep a copy so that you can read them out on the night. It's best to keep it short and wait for the questions to elaborate. I will confirm that you are playing.

What happens on the night?

I'll send out zoom meeting invitations on the day in plenty of time, so you are ready to join at 7.30pm. You will also need to make a voting card with TRUE on one side and LIE on the other. If you are a couple, you will play individually, so both send in claims and have a voting card each.

What if I haven't used Zoom before, can I still play?

Yes, as long as you have broadband and a tablet (iPad or Android) or a laptop that has a camera, you can play.

Let me know in your email. If you give me your phone number I will call and help you get set up in advance.

More Questions? Just let me know. Email: [sue/ at /suerussell.co.uk](mailto:sue/at/suerussell.co.uk)

Phone: 07976 263206

- Shower at home both pre and post swimming.
- Arrive wearing swimwear under clothing.
- Bring and use own hand sanitiser.
- Bring own drink
- Sessions may be bookable only.

There is likely to be a separate entrance and exit to the facility, and the pool, and a one way system within both. Lanes are likely to be double, with "one way" swimming and no overtaking, except at the end of the lane, when heads should not face each other.

Swimmers should maintain as much distance as possible from other participants, and a minimum of 2 metres."

Those of the Group who have used the pool at the Parklands Leisure Centre, Oadby can visualise that these arrangements could be implemented there. Unfortunately the Centre is not open at present.

It remains to be seen whether the Group can meet at Leicester Grammar School in the near future. As soon as we know where we can swim we will let the swimmers know.

Frank Wilcock

swimming/at/greatglenu3a.co.uk

0116 431 9706

And finally....

Sent in by an anonymous member of our U3A

From the Countesthorpe U3A Newsletter – with apologies to William Wordsworth

WORDSWORTH IN LOCKDOWN

I wandered lonely as a cloud
Two metres from the maddening crowd
When all at once my name was called
To enter Waitrose hallowed hall
This was the pensioners' special hour
I'd gone to get a bag of flour
But I forgot – when through the door
What had I gone to Waitrose for.
The Waitrose staff are extra kind,
I told them it had slipped my mind.
They asked what else I had forgot –
They clear thought I'd lost the plot!
I phoned my wife to ask.
She reminded me of this special task:
"I need some flour to bake a cake,
With all that cream you made me take,"
"Ah yes, I recall", I had to lie.
I dare not ask what flower to buy,
But then I saw them at the tills
A bunch of golden daffodils!



For email replace / at / with @

