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## Great Glen Newsletter

May 2020

Registered Charity No. 1099411

[www.greatglenu3a.co.uk](http://www.greatglenu3a.co.uk)

### Chair's Chat



Hello everyone

I suppose one benefit of the lockdown has been that my garden has been receiving more attention than in the past few years. Parts of it are certainly a bit tidier and the perennial battle with the noxious ground elder, which continues to encroach almost everywhere, has commenced with modest successes. I cannot believe how quickly the lawn has turned from a swamp to a luscious green (in those parts where the grass survived, at least) and how quickly large cracks are now starting to appear in the surface.

This is a short edition of the newsletter because (a) you have all the AGM papers to read and respond to (b) there is relatively little new to report from the Groups though I do again congratulate all those who are using phone and computer technology to sustain our U3A and (c) we are trying to 'husband our resources' as our communications costs increase with no offsetting income coming in from group activities.

**On the last point several people have suggested to me that some of our members with email addresses may not have shared them with us. Or maybe some have recently changed email addresses and not let us know. This matters much more now, as we are having to use the post to communicate with any member for whom we do not have what we believe to be a working email address. So if you are receiving your newsletter or agenda papers through the post and you have an email address, please let Janet Fanko [membership/at/greatglenu3a.co.uk](mailto:membership/at/greatglenu3a.co.uk) have it, so we can reduce our costs.**

Finally let me offer you all my continued good wishes for keeping safe, healthy and in good spirits until circumstances improve.

*Robert Mansfield*

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

270 8284

### Committee News

#### KEEPING BODIES AND BRAINS ACTIVE IN ISOLATION

Take a look at these websites and see if there is anything of interest to you; and give us your feedback if you try them out.

#### POETRY GENERATION

For those of you who enjoy poetry, or would like to explore poetry as a recreational activity, Ellie Levenson, a journalist and author, is asking for contributions to Poetry Generation ([www.poetrygeneration.co.uk](http://www.poetrygeneration.co.uk)) which is a website she set up after my four year old son asked my mum to record a video of herself reading the poem he likes her to read him, so he could watch it at home given they cannot see each other due to coronavirus isolation.

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Every day I upload a video of an older person in coronavirus isolation reading a poem - my mum reading my son's favourite was the first one. The idea is to keep older people visible in a positive light as well as create a free library of poetry for all to enjoy. Most of our contributors are everyday people but we have also had a few celebrities - Sir Tony Robinson read one this week and before him we had the poets Ruth Padel and Bernard O'Donoghue.

We are also on: Twitter (/at/poetryg2020) & Facebook, Instagram, & Youtube (/at/poetrygeneration)

Submission guidelines can be found here: <https://poetrygeneration.wordpress.com/about/>

Ellie is actively seeking new submissions to the website so if you would be interested please contact her through the website.

## GREYS NET

A new website called [Greysnet](http://www.greysnet.com) has just been launched with the support of the National Lottery Community Fund to help older people all over the country to stay connected and keep mind and body active during the current Coronavirus lockdown. It's called [Greysnet](http://www.greysnet.com) and you can find it at [www.greysnet.com](http://www.greysnet.com)

Greysnet is a dedicated online space where older people can chat with one-another through a public forum and find out about all sorts of events and activities they can get involved in while self-isolating.

## Monthly Meetings

**Sadly we have nothing coming soon for our monthly meetings due to the coronavirus situation. We will be back in action as soon we are permitted to return to some semblance of life as we knew it. We hope to see you all then, and until then look after yourselves and keep safe.**

## GROUP NEWS

### Using Zoom for Group Meetings

Just a reminder that the Zoom app is available for all PCs, tablets and smartphones and it lets you hold virtual meetings with other members who you can see and hear.

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](http://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.

Peter Russell Sue Russell [lsn/at/greatglenu3a.co.uk](mailto:lsn/at/greatglenu3a.co.uk) 01572 822198

## Groups Learning and having fun!

### French for Beginners – Lets Learn Together

**This group meets on the first and third Tuesdays of the month in the Ruth Warner room at the Methodist Church at 10am.**

As with all the U3A meetings, we are all self-isolating and so not meeting in person. For those of the group with an internet connection we are still learning some French and having meetings using Zoom which is a free App that can be downloaded from the internet.

Jan Johnson [frenchbeginners/at/greatglenu3a.co.uk](mailto:frenchbeginners/at/greatglenu3a.co.uk) 212 2469

### History

**This group meets on the first Monday of each month at the Methodist Church at 2.00pm.**

Meetings are being held on the first Monday, using Zoom. Everyone is welcome, but if you are new to the group, please let me know you want join in so that I can include you in the Zoom invitation.

Peter Russell [history/at/greatglenu3a.co.uk](mailto:history/at/greatglenu3a.co.uk) 01572 822198

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### Family History

**This group meets on the second and fourth Wednesdays each month at the Methodist Church at 09.30am**

We have started a successful Zoom meeting group with the very welcome help of Peter Russell. This is meeting every Wednesday at 10.00 a.m.

*Eric Orbell*

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

259 2095

**Groups that Exercise and have fun!**

### New Age Kurling

**This group meets on the second and fourth Fridays of each month at the Sports Centre at 10.00am**

We are holding short Zoom meetings for group members on our scheduled days, 2<sup>nd</sup> and 4<sup>th</sup> Fridays with chat and any mindless games we can manage on Zoom.

*Peter Russell*

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

01572 822198

**Groups that challenge our brains and still have fun!**

### Mini Bridge

**This group meets every week on a Tuesday at 9.40am for a 9.45 start at the Methodist Church.**

Hope all are managing to stay well and not being too depressed by the isolation we are all having to endure. Hopefully progress is being made to overcome the virus. In the mean time I hope the online Minibridge Quiz is helping to occupy your time and giving you a little to think about other than the problems we are all living with. Stay safe and look after yourselves. Hope to see you all back on a Tuesday as soon as we are given the all clear

*Terry Evans*

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

259 2102

### Quiz Group

**This group meets on the fourth Monday of the month at the Methodist Church at 2.00pm.**

We held our first Zoom quiz on 27 April with around 20 members participating. There will be another one on the regular on Monday 25 May at 2:30, subject to whatever is going on in the real world at that time, as it falls on a Public Holiday.

All members are welcome to join in via Zoom and if you need any assistance getting going with Zoom then Sue and I can provide help (see the item at the beginning of Group News).

If you did not take part in the first quiz, then you must let Peter Russell ([webmaster/at/greatglenu3a.co.uk](mailto:webmaster/at/greatglenu3a.co.uk) or 01572 822198) know in advance if you would like to join the next one.

*Rachael Snashall*

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

259 2830

### Table Top Games

**This group meets on the second and fourth Thursdays at the Ruth Warner room at the Methodist Church at 1.50pm for a 2.00pm start**

Both our weekly challenges and our telephone tree continue with our members enjoying both.

*Helen Edwards*

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

212 7547

### Book Group (Mondays)

**This group meets on the third Monday of each month at the Ruth Warner room at the Methodist Church at 2.00pm**

The system of sharing reviews worked well in March, so we have continued in April. Members email their review of the monthly book to me and I send it on to the whole group. Our book for May is "Moriarty" by Anthony Horowitz.

*Liz Adams*

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

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### **Book Group (Thursdays)**

**This group meets on the fourth Thursday each month at the Ruth Warner Room at the Methodist Church at 10.00am.**

During the lockdown Group members are continuing to produce a review of each month's book and sending to me for collation and distribution to all members. We are currently reviewing 'Not Quite Nice' by Celia Imrie. Our May book is 'Careless Love' by Peter Robinson. This is working as a way to keep our group together.

*Patricia Mansfield*

[books2/at/greatglenu3a.co.uk](mailto:books2@greatglenu3a.co.uk)

270 8284

### **Groups that socialise and have fun!**

### **Ukulele Group**

**This group meets on the first and third Mondays of the month at the Ruth Warner room at the Methodist Church at 10.00am**

I have produced a You Tube video to coach Uke3A in learning a new piece. We have also held a Zoom based strum-along for 15 members. This keeps us in touch and keeps our skills with the ukuleles up to scratch!

*Alan Mawby*

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

259 2599

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## And finally....

Thanks to Ros Aldwinkle for these Pam Ayres musings on 'lockdown'

<p>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</p>	<p>But to bury us before we're dead Is like a red rag to a bull! So here you find me stuck inside For 4 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 flaming 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 awful 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!</p> <p>Pam Ayres</p>
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