



7 May 2020

We must not presume too much as we have a couple of weeks to wait, but all being well we should be 'let out' before too much longer. It has been an interesting experience; frightening for some and boring for others. We have all learned something and will not forget 2020 in a hurry. For myself, I shall remember the feeling when I realised that I had the virus; not knowing how much worse it was going to get and being profoundly grateful when I recovered after unpleasant symptoms which were fortunately not life threatening. For the grandchildren it has been a test of selfdiscipline as they struggle to carry on with their schoolwork and not resort to their bedrooms and their phones to keep in contact with the friends they are missing. For my children, they enjoy the experience of being with the family and inventing new things to do and spending a lot more quality time with their offspring, although now the end is in sight they are straining to get back to some semblance of normality. For others who have been on their own, I hope you have managed to keep in contact by phone/video call with your friends and have not been too lonely.

I wonder when we will be able to have our monthly meetings again and our AGM so that our new Chairman who is waiting in the wings can get started – not forgetting the new members of the Committee who are still awaiting election. Thank you to all who have contributed to this Bulletin; this is probably the penultimate edition (which I shall be editing) as I think it has served its purpose and we don't want to end up repeating ourselves endlessly. I hope you have found it useful.

Don't forget, for those with You Tube, on Friday 8th May, is showing Andrew Lloyd Webber's 'By Jeeves' – look for the 'Shows Must Go On'. I shall miss the clean air, audible birdsong and the lack of traffic. Make the most of the peace and quiet!

Marilyn Gibbon Chairman FOR NOW: STAY IN AND STAY SAFE!

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.

Thank you to everyone who has sent in contributions to this bulletin.

As editor I have been a bit selective in the interests of keeping the bulletin reasonably short so I apologise if I haven't used all the material you have sent in. Please continue to send in your news, and ideas for keeping everyone's spirits up! Please send any items for the next Bulletin to - editor@fairford.u3a.org.uk in the usual way.

Stay safe and keep smiling.

Heather Holwell: Editor, 7 May 2020

FOOD AND ORDERING

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

Lynwood and Co are doing a home delivery service of cooked dishes/ veg boxes/ milk/ butter:
Tel: 01367 253707

Andrew Butler 01285 713177 can also deliver/or a local volunteer can collect. Milk & More deliver milk to the doorstep. They can also deliver fruit, vegetables, grow bags and other items.
<https://www.milkandmore.co.uk/>

The George Inn at Kempford has a take away menu of main meals, snacks, puddings and a range of drinks and pizzas Tuesdays– Saturdays 12-2 & 6-9 and Sundays serving a selection of roast dinners 12-3 . They get busy so pre order 01285 810236

<https://www.rotaro.co.uk/> are another business offering fruit and veg baskets to the door .

Have you thought about trying to grow a few fresh veg for yourself?

Maybe try Monty Don on Gardener's World

This website has simple ideas for those who have no garden
<https://www.savethestudent.org/save-money/food-drink/grow-your-own-food.html>

Hillier Garden Centre will collect/deliver some items now. Contact them on:
lechladegc@hillier.co.uk

The National U3A Office

The Central Office has some interesting ideas and is worth a look, amongst other suggestions.

<https://www.u3a.org.uk/>

The CHQs churches (Coln, Hatherop, Quenington) are preparing online services every Sunday for us to enjoy.

The link is <http://www.chqchurches.net/>

Those who don't take the '**Standard**' may be interested to know that a Fairford family business that was delivering to London restaurants is now having to diversify and is promoting their luxury food hampers with artisan products from the Mediterranean to Fairford and Lechlade. They cost £60.

Details at bombettalondon.com. or email

hello@bombettalondon.com and put Cotswold delivery in the subject line. If they get 10 people, they will deliver. They only got 6 last month so we were disappointed.

Miriam Scott

Living alone
A cup of tea now
or a cup of tea later?
I give in.
Tea now and later.
A piece of cake now
or a piece of cake later?
Decision made.
Cake now and later.

Rosemarie Chapman

Group News

Relaxed Table Tennis and other Players

Hi all,

I'm so relaxed I think I've gone comatose but I still miss batting the odd ball across the table. Hope you are all well and coping and I hope to see you all when normal serving is resumed!

Alan Topham

Bridge

Before the lockdown I used to play with 3 ladies: 1x p/w for lessons at the Community Centre and 1x p/w in turn at each other's houses. When we had to stop getting together, we looked for a possibility to play online with each other and found a website on which this is possible, but which is not mentioned in the Bulletins: it is TRICKSTERCARDS.COM. It is very easy to set up and we like it that we can play at our own level.

Jos Price

On Monday May 4th **French Group One** had its first Zoomed meeting with 50% of the group daring to join! It was such fun and everyone had the opportunity to speak French as well as seeing the other members of the group. From a social point of view, the meeting was a huge success and we spent a bit of the time at the beginning speaking in English about how much we missed each other. However, it was not long until we were chatting away about the lock down and how we are coping IN FRENCH and I was so pleased with how well everyone expressed themselves in the target language. I would encourage any other members to join if they have not yet done so. It isn't as scary as you think.

Contact me on 07984 595436 if you want to discuss it first.

Sandra Hoaksey

Solos

We are all well and coping with the current situation, perhaps because as a group we are all used to living alone and so are more used to the isolation. However, as we are a social group we all phone or email one another frequently to pass on our news. For some it is the tale of cake making disasters, others of gardening or the sorting out cupboards. One Solo has had the virus but happily not too badly and is now recovered. Two are managing to do their daily exercise by walking together but on opposite sides of the street. We count our blessings as we are able to go out and do not live in an upstairs flat and of course have our friends as well as family.

We do hope that members of other groups are in touch with each other, a chat with a group member does not have to wait until the U3A gets going again.

For the instrument players in the U3A!

BBC Lockdown Orchestra
Doug Crowley

<https://www.bbc.co.uk/news/entertainment-arts-52529770>

Is anyone else's car
getting 3 weeks to the
litre at the moment?



My wife Lisa and I are occupying our time in various ways. She is very experienced at making jewellery (pendants, necklaces, earrings etc) using polymer clay. We used to sell them in our gallery in Burford.

I am busy preparing new PowerPoint talks for U3A groups concentrating on women painters like Laura Knight, Artemesia Gentileschi, Rosa Bonheur and Berthe Morisot.

We are very lucky and grateful to have wonderful neighbours and helpers to get our shopping.

Best wishes to everyone Brian Etheridge

Exercises

Yes, we all must try to exercise

In addition to Carol's 3 exercises I would suggest that you sit on a kitchen or dining chair and then stand up without using your hands if possible, then sit again and repeat 10 times every day.

1. Sit down slowly and get up without using your hands - whenever you sit!
2. Stand on 1 leg to clean your teeth. Use your free hand to steady if necessary.
3. Go up and down on your toes at least 10 times while washing up / peeling potatoes.

I have a booklet of very simple exercises that I would be happy to e-mail to anyone who would like it.

Carol Thompson
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richard@richardandcarol.net

IMPOSSIBILITIES IN THE WORLD

- 1) You can't count your hair.
- 2) You can't wash your eyes with soap.
- 3) You can't breathe when your tongue is out.
Put your tongue back in your mouth, sure you can still breathe, you fool.

Ten Things I know about you.

- 1) You are reading this.
 - 2) You are human.
 - 3) You can't say the letter "P" without separating your lips.
 - 4) You just attempted to do it. You are an idiot!
 - 6) You are laughing at yourself,
 - 7) You have a smile on your face, and you skipped No. 5.
 - 8) You just checked to see if there is a No. 5.
 - 9) You laugh at this because you are a fun-loving person & everyone does it too.
 - 10) You are probably going to send this to see who else falls for it.
- You have received this e-mail because I didn't want to be alone in the idiot fool category.
"Do not regret growing older. It is a privilege denied to many."

Sent in by Mike Johnson

Quarantine week 4: I cut it myself



**I never thought the
comment "I wouldn't
touch him/her with a 6 foot
pole" would become a
national policy but here we
are**