

AYLESBURY VALE U3A

SPRING EXTRA

Issue No. 95



March 2020

CHAIRMAN'S LETTER

How are you all getting on? I know I am fed up having to stay put but what is the alternative? It is surprising how many jobs you can find to do like those you put off to do at a later date and, if you are like me, never do them. Well now we have no excuse.

I hope none of you have caught this dreadful virus. It's very worrying at our age, although now it is hitting the younger people. We are lucky our daughter is doing the shopping because if I was doing it the greedy persons would get the sharp end of my tongue. When walking the dog, the only time I set foot outside our property, I find that most people do not bother to put two metres between us—they keep going so I move away. There was a man running yesterday and I did not know he was behind me until he passed on a narrow stretch of path saying "Good morning" as he squeezed passed me. It was the one time I kept my mouth shut so I did not breathe in what he said. I bet that surprised you!! Well enough of this moaning and groaning we have just got to be patient and hope someone finds an antidote soon.

We had a huge bag of manure delivered at the weekend and Ken and I spent Monday shovelling it around the front and back garden; that finished us for the day and now aching all over. We forget we are not as young as we used to be and ended up asleep in the chair. Tuesday was a garden day, cutting grass, Ken that is, and I swept the grass off the path; well you don't keep a dog and bark yourself. The weather has been so lovely it was a treat to get outside.

I see various groups are finding ways of keeping in touch - well done. I always curse the computer but, let's face it, now it's a godsend.

Mind you during the war we managed - just had to dodge the bombs. Us Brits are very resilient so keep your pecker up, look after yourselves, do what the man says and stay in. I look forward to seeing you all sometime soon I hope.

That is all folks.

Sheila Satterthwaite

YOUR AYLESBURY VALE U3A COMMITTEE 2019—2020

Chairman:	Sheila Satterthwaite
Vice Chairman:	Chris Lowe
Secretary:	Maureen Clark
Treasurer:	Mike Park
Group Co-ordinator:	Jane Trow
Membership Secretary:	Ken Roberson
Social Activities:	Mary Singleton
Speakers Secretary:	Sheila Page
Outings Co-ordinator:	Dan McGregor
Hall Manager:	James Cartwright

Non-Committee Activities

Newsletter Editor	Sheena Hudson
Assistant Newsletter Editor	Mary Singleton
Assistant Newsletter Editor	Richard Clark

Sue Riche joined the U3A in 2006 and took part in various groups including Discovering Dishes, Walking and Reading groups. But it was in the Sounds of the 60s in particular she showed her skills. She knew plenty of obscure artistes and what they had recorded. She was an ideal member of a quiz team and often took control of the pencil in such quizzes. She looked fine in January but sudden cancer took over in mid March and sadly she passed away.

Richard Clark

SUNDAY 29th MARCH 2020
HAVE YOU CHANGED YOUR CLOCKS
FORWARD BY ONE HOUR?

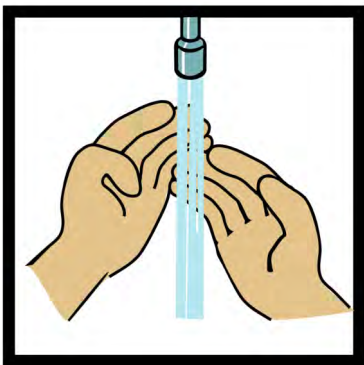


CORONA VIRUS

WHY YOU SHOULD BE AWARE ?

WHAT YOU MUST DO

- ◆ Avoid queues and unnecessary visits to shops
- ◆ Keep handwashing/hand sanitizing



WHAT YOU CAN DO

- ◆ Keep in touch with local people by 'phone or Skype or Facetime etc
- ◆ Do the allotment
- ◆ Do those gardening jobs
- ◆ Read those magazines that pile up
- ◆ Read those Christmas books that you will get around to sometime
- ◆ Jigsaws
- ◆ Do those jobs around the house that you needed time to do.
- ◆ Keep fit... local walks, yoga, exercise bike
- ◆ TV boxsets and all those recordings you have made to come back to watch
- ◆ Electronic games such as bridge from the EBU, crib app on mobile phone etc
- ◆ Use YouTube for many things. Music, foreign language items, local items etc
- ◆ Have no guilt with hobbies such as writing, arts and crafts, making things etc
- ◆ Explore all the food in the house and perhaps put those unused recipe books to use?
- ◆ Supermarkets— try and get food delivered
- ◆ Use the milkman maybe for some deliveries
- ◆ Keep record of fun things you did at home!
- ◆ Grandchildren. Not recommended really. Seek advice!!



CORONA VIRUS (COVID-19)

what is it?

On 31st December 2019, the World Health Organisation's (WHO) China office heard the first reports of a previously-unknown virus pneumonia cases in Wuhan.

What started as an epidemic mainly limited to China has now become a truly global pandemic. The disease appears to have originated from a Wuhan seafood market where wild animals, including marmots, birds, rabbits, bats and snakes, are traded illegally. Coronaviruses are known to jump from animals to humans, so it's thought that the first people infected with the disease – a group primarily made up of stallholders from the seafood market – contracted it from contact with animals.

Coronaviruses are a large group of viruses that infect both humans and animals, and in humans cause respiratory illness that range from colds to much more serious infections.

Latest common phrases (do we understand them all??):-

PPE (Personal Protective Equipment), Hand Sanitizer, Mass Testing, Key Workers, 20 second hand wash, Social Isolation, Underlying Health Issues, COVID-19, Antibody Testing

TRUSTED TRADERS is a service provided by our U3A members, to other members, aimed at passing on the names of tradespeople who have given a good service and who they are happy to recommend to others.

I am the person to contact when you may need, for example, a plumber, electrician, gardener or handyman. Neither I nor the U3A give a guarantee of good work so feedback to me, good or bad, is important so that I can keep the list up to date as change may occur over time.

New recommendations are always welcome. Gardeners and joiners are currently in short supply!

I can be contacted by email at junethomson@sky.com

BUS PASSES

If you need to renew your bus pass see the following contact information:

TN: 01296 674747

Email: buspasses@bukcksc.gov.uk

Please note their address is in Amersham !



CONFINED TO QUARTERS

It is good to hear that many groups are keeping in touch with each other with various levels of technology – email, telephone, skype, Facebook etc. Please keep us up to date with how your group is resolving the problems of isolation so that we can share your ideas and help others. If the more ambitious of you would like to make a short video, for your group or wider audience, on your 'phone or webcam we have the technology to put it on YouTube and put a link to it from the website.

Any other ideas? . Group leaders have access to the 'phone numbers of members of their groups and share information and attachments with Beacon. Here are some ideas we have heard about – please share what you are doing with all of us

- * Craft is setting up a virtual crafts group—using skype etc
- * German conversation group is being set exercises to do via email
- * Readers Circle 2 is also going to use skype and email.
- * The Strummers are writing new lyrics for old songs
- * Sounds of the 60s are composing their own ditties
- * Sounds of the 50/70s are putting presentations on YouTube (with Derek!!)
- * The Exploring London group is sharing their London pictures
- * The photographic group is collecting pictures that must have been taken during our imprisonment.
- * The green fingered amongst you can still order seeds on-line—with all this time on our hands we ought to have the most attractive/productive gardens and allotments ever
- * The Spanish conversation group is getting registered on Zoom in order to have their first virtual “lesson” on Tuesday 31st March

Donations to the U3A:

Riviera Travel will make a donation to the U3A equivalent to 10% of the cost of your trip if you mention that you are a U3A member when booking with them. The donation is made upon arrival back in the country following your trip. However the donation will be sent to U3A Headquarters, who then take a fee before sending to AVU3A

NEWS FROM THE GROUPS

LOCAL WALKS



We did a circular walk from Wigginton, taking in a stretch of the canal, and the grounds of Champneys. The sun shone. Little did we know that it might be the last group walk for a very long time.

Sheila Page

WARWICK AND HANBURY HALL



I will of course be giving refunds to those members who have paid for April's outing. I am holding all the money given for the May outing so can return those monies to our membership. All outings cancelled are being taken forward to 2021.

Dan McGregor

Dates for your



CHINESE MEAL — POSTPONED

Our AVU3A Chinese Meal will be booked at the China Brasserie in Fairford Leys when allowable. Price will be £21 for a set meal which includes a tip.

In the meantime refunds are being arranged to those who had already paid.

Mary Singleton, Social Activities Co-ordinator



The Latest News for Residents of Aylesbury Vale

Garden Waste Collection

In this unprecedented situation with coronavirus, we are having to look at prioritising some of our services. We do not make these decisions lightly. Collections of refuse, clinical waste and food will remain a priority throughout and therefore, until further notice, we regret we will be stopping the garden and bulky waste collection services.

Please be reassured that these materials are not hazardous if left for longer than two weeks, and if you wish, you will still be able to take this waste to your nearest Household Recycling Centre. While we appreciate that not all residents can travel to an HRC - any that do will help reduce the backlog and allow us to resume normal service more quickly afterwards. We understand these are now closed too.

Any residents who are self-isolating, have COVID-19 symptoms or are in an 'at risk' category should not visit HRCs.

We are sorry for any inconvenience this will cause, and once we know when the service can be resumed, for customers receiving the garden waste service, we will be in touch regarding how we plan to compensate you for any loss of service.



ISOLATION



Are you a Rook or a Crow?
You'll soon find out you know.

If you are a community bird you'll look,
To see what's going on, like a rook
If you are content and happy to lie low.
You are solitary, like a crow.

Whichever you are does not matter
You can pick up the 'phone and have a natter.

Some will shine and come to the fore.
Pick up essentials for the needy and lonely next door.
Don't look up things that get you down.
Out of the window there's flower waving life. Try not to frown.

This curfew/isolation may be lifted/relaxed any day.
Then it's back to socialising with the U3A.

Phill Rance

PUZZLES (answers in next issue)

- A** Where in the Aylesbury Vale is this post box ? .
- B** Phil, Ken and Bob are married and the combined age of all 6 people is 150. Ken's wife is one year older than him and Bob is two years younger than his wife. Phil is twice as old as his wife who is the same age as Ken and Bob. How old is Phil?

ANSWERS to last puzzle

1. Outside Stoke Mandeville Hospital for Paralympic Gold Medal in 2012
2. 26 minutes

