



**NORTH WALSHAM**

[www.northwalshamu3a.org](http://www.northwalshamu3a.org)

## May 2020 Newsletter



*Spring in Norfolk*

*John Fish (Digital Photography Group)*

### **Thoughts from the Chair**

It is widely believed that the expression, "May you live in interesting times" is an ancient Chinese curse where 'interesting' actually means unpleasant or dangerous. However, according to Wikipedia, it didn't originate in China at all, and the most likely connection to Chinese culture may be from an analysis of the late 19<sup>th</sup> century speeches of Joseph Chamberlain, probably erroneously transmitted and revised through his son, Austen Chamberlain. (This is for all the people who asked for better quality trivia in the newsletter.)

In any case, we certainly are living in times that are both unpleasant and dangerous for many people in many ways, especially health and social care workers and older people, including some who are no doubt U3A members.

Even if neither you nor anyone you know is personally affected by the coronavirus, it is all too easy to see the situation as uniformly terrible and hopeless. For reasons that escape me at the moment, I watch a late evening review of newspaper front pages on TV and every night it is all about people becoming ill and dying, shortages of hospital beds, equipment and tests and so on. All of that is true and it is terrible; but it is not all that is happening in the world. Millions of people are showing enormous ingenuity, resilience and generosity, whether it is scientists and engineers, medical and care staff or neighbours helping each other. (There are also a few people who are perhaps less deserving of praise, and might or might not be politicians and rich business owners, but that is for another day.)

So, I choose to see my glass as half full and likely to get fuller as time goes on.

By the way, one definition of an optimist is someone who thinks we live in the best of all possible worlds. And a pessimist is someone who fears that the optimist might be right...

And finally (as they used to say on 'News at Ten'), a couple of things to make you smile:

### ***A Story about Squirrels...***

*There were four churches and a synagogue in a small town: a Presbyterian church, a Baptist church, a Methodist church, a Catholic church and the synagogue. Each one had a problem with squirrels.*

*The Presbyterian church called a meeting to decide what to do about their squirrels. After much prayer and consideration, they concluded the squirrels were predestined to be there and they shouldn't interfere with God's divine will.*

*At the Baptist church the squirrels had taken an interest in the baptistery. The deacons met and decided to put a water slide on the baptistery and let the squirrels drown themselves. The squirrels liked the slide and, unfortunately, knew instinctively how to swim, so twice as many squirrels showed up the following week.*

*The Methodist church decided that they were not in a position to harm any of God's creatures. So, they humanely trapped their squirrels and set them free near the Baptist Church. Two weeks later the squirrels were back when the Baptists took down the water slide.*

*But the Catholic Church came up with a very creative strategy. They baptized all the squirrels and consecrated them as members of the church. Now they only see them on Christmas and Easter.*

*Not much was heard from the Jewish synagogue; they took the first squirrel and circumcised him. They haven't seen a squirrel since.*

And if you get the newsletter electronically, double click on this:



VID-20~2.MP4

Stay safe,  
Steve Guratsky

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**THE COPY DEADLINE FOR THE JUNE 2020 NEWSLETTER IS THURSDAY, 28 MAY 2020 at 12.00 noon. As usual, I will acknowledge all copy received, so if you do not receive an acknowledgement within 48 hours, please resend.**

Although we are unable to hold face-to-face meetings for a while, I would still be pleased to receive copy for the monthly Newsletters from any Group Leaders, either about how you are still holding meetings via email or a website, describing what you and your members have viewed, discussed, etc. during the month, or anything else you think maybe of interest to members at this time. Hopefully, in this way we can keep the Newsletter going until the restrictions are over. I will still send out the usual reminder nearer the Newsletter deadlines.

**If you wish to contact the Newsletter Editor, then please do so via our website**  
**[www.northwalshamu3a.org](http://www.northwalshamu3a.org)**

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### **General Announcement about Zoom Support**

If you or your group want help to set up Zoom meetings, Richard can offer support by you contacting him via the contact form on the website. He can set up a trial Zoom session with you to show you how easy it is to run a Zoom meeting.

### **Coronavirus Update (April 2020)**

#### **Introduction**

This is the second monthly Coronavirus Update and, like the first, it is designed to share information and ideas that may help make the current very difficult situation a bit more bearable.

We have started with a few things we hope you will consider doing with and for other U3A members. After that, there is some advice on keeping informed and avoiding misinformation, and then lots of things to read and look at, mainly online.

We haven't repeated much of what was in last month's update, but that is attached to this month's newsletter email in case you want to refer to it again.

I hope you find it useful and really do want your feedback and contributions to future editions via the contact page on our website: [www.northwalshamu3a.org/contact-us](http://www.northwalshamu3a.org/contact-us).

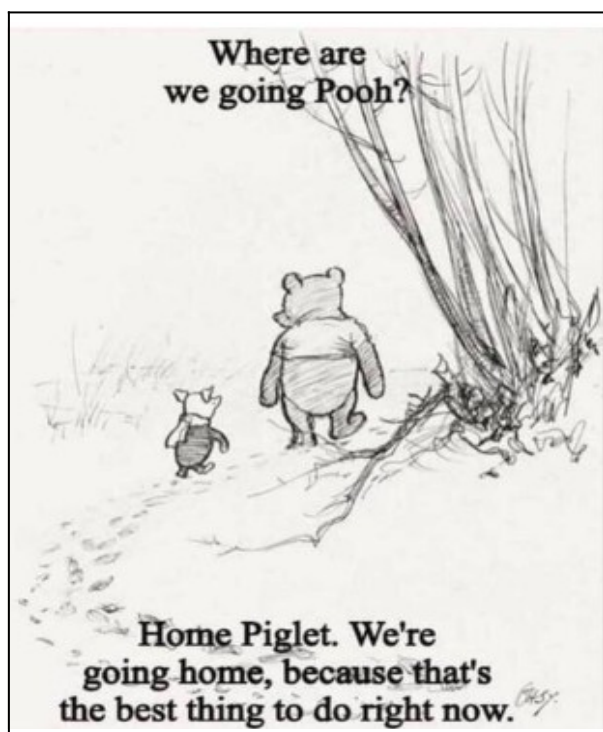
I would especially like to be able to share:

- Examples of what interest groups have been doing to keep up their activities.
- Ideas for keeping busy at home - not just jigsaws and putting your books/records/CDs/DVDs/tinned food in alphabetical order please!
- Things that members are doing to help each other and their neighbours.
- Tips on how to use technology to keep in touch.
- Anything that will make people feel a bit more cheerful and optimistic.

Most of you will receive this via email, but we know some of you don't have the internet at home. If you don't, then where the Coronavirus Update is a separate document from the monthly newsletter, you will also receive this by post with the newsletter, and we will try to include information that doesn't depend on access to the internet where we can.

If you would like to 'take the plunge' and get a new internet connection, Richard is happy to be contacted for advice on this or any other IT-related matter via the contact form on the website.

Lastly, before moving on to the rest of this update, we thought you might like this cartoon, which is probably the cutest piece of propaganda ever.



**Morrisons has launched a new telephone shopping service to help vulnerable and older people order 47 essential grocery items by phone and get them delivered the following day.**

**Available items include bread milk, butter, eggs, potatoes, pasta, bananas, cornflakes, flour, chicken breast fillets, sugar, chopped tomatoes, broccoli, cottage pie, lasagne and toilet roll.**

**Customers will need to pay with a bank card or mobile phone, and can use chip and pin or contactless when food is delivered.**

**If an item doesn't match the order, or a customer isn't happy with it, they will be able to refuse it on delivery.**

**Orders can be placed by phoning 0345 611 6111 and selecting option five.**

## Things We Hope You Will Try to Do

**Can you keep your group going without meeting face to face?** Could you send each other things to read or listen to related to your group's area of interest? Could you agree to research a topic and exchange your findings? Could you recommend a book or bottle of wine, or anything else people could try at home and share comments on? Could you have video conferences where you have meetings from home? You can do all this and more by online. There is lots of information about these in last month's Coronavirus Update.

**Can you stay in touch with other U3A members by phone?** You probably already know them and everyone likes to chat at least from time to time. Better still, would you be willing to be a **phone buddy** and call one or more other U3A members regularly, so they feel less isolated. If you would be willing to do this, or if you would like someone to call for a chat from time to time, send me a message via the website (address above).

**Can you help another U3A member or someone else who is completely housebound?** Maybe you could do some shopping or collect medicines for them. If you want to volunteer to do this, you could just phone or email someone you know might need help, or you can volunteer using the North Norfolk District Council Coronavirus Postcard, or through the Nextdoor website or phone app. Again, more details in last month's Coronavirus Update.

## Keeping Informed and Spotting Misinformation

There are lots of places to get reliable information about the coronavirus and what to do about it, including national and local government and the national U3A itself. Most of them were listed in last month's Coronavirus Update.

In addition, the BBC has published the following guidance on not being misled by unreliable sources, of which there are many, especially on the internet:

### ***Coronavirus: Here's how you can stop bad information from going viral***

***By Flora Carmichael and Marianna Spring***

***BBC, 20 April 2020***

#### ***1. Stop and think***

*You want to help family and friends and keep them in the loop. So when you receive fresh advice - whether by email, WhatsApp, Facebook or Twitter - you might quickly forward it on to them. But experts say the number one thing you can do to halt misinformation is to simply stop and think. If you have any doubts, pause, and check it out further.*

#### ***2. Check your source***

*Before you forward it on, ask some basic questions about where the information comes from. It is a big red flag if the source is "a friend of a friend" or "my aunt's colleague's neighbour".*

*"The most reliable sources of information remain public health bodies like the NHS, the World Health Organisation, or the Centers for Disease Control and Prevention in the USA." says Claire Milne, deputy editor of UK-based fact-checking organisation Full Fact. Experts are not infallible. But they are much more reliable than a stranger's distant relative on WhatsApp.*

#### ***3. Could it be a fake?***

*Appearances can be deceptive. It is possible to impersonate official accounts and authorities, including BBC News and the government. Screenshots can also be changed to make it look like information has come from a trusted public body. Check known and verified accounts and websites. If you can't easily find the information, it might be a hoax. And if a post, video or a link looks fishy - it probably is. Capital letters and mismatched fonts are something fact-checkers use as an indicator a post might be misleading.*

#### ***4. Unsure whether it's true? Don't share***

*Don't forward things on "just in case" they might be true. You might be doing more harm than good. Often we post things into places where we know there are experts - like doctors or medical professionals. That might be OK, but make sure you're very clear about your doubts. And beware - that photo or text you share might later be stripped of its context.*

### 5. Check each fact, individually

*There's a voice note that has been circulating on WhatsApp. The person speaking in the note says she's translating advice from a "colleague who has a friend" working at a hospital. It's been sent to the BBC by dozens of people around the world. But it's a mix of accurate and inaccurate advice.*

*When you get sent long lists of advice, it's easy to believe everything in them just because you know for certain that one of the tips (say, about hand washing) is true. But that's not always the case.*

### 6. Beware emotional posts

*It's the stuff that gets us fearful, angry, anxious, or joyful that tends to really go viral. "Fear is one of the biggest drivers that allows misinformation to thrive," says Claire Wardle of First Draft, an organisation that helps journalists tackle online misinformation. Urgent calls for action are designed to ramp up anxiety - so be careful. "People want to help their loved ones stay safe, so when they see 'Tips for preventing the virus!' or 'Take this health supplement!' people want to do whatever they can to help," she says.*

### 7. Think about biases

*Are you sharing something because you know it's true - or just because you agree with it? Carl Miller, research director of the Centre for the Analysis of Social Media at think tank Demos, says we're more likely to share posts that reinforce our existing beliefs. "It's when we're angrily nodding our head that we're most vulnerable," he says. "That's when, above everything else, we just need to slow down everything that we do online."*

## Keeping Fit and Active

One of the best things you can do to stay fit and healthy (apart from avoiding the coronavirus, obviously) is to get some regular exercise, even while you are stuck at home. There are loads of sources of advice on this in books, magazines and, of course, online.

A good place to start is the NHS advice on exercise for older people at:

[www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/](http://www.nhs.uk/live-well/exercise/physical-activity-guidelines-older-adults/)

The Third Age Trust has asked television's fitness champion, Mr Motivator, to provide a week's worth of exercises to do at home. The classes will be exclusively for U3A members - online - and will be coming out by the end of April. In the meantime there's a trailer at: <https://tinyurl.com/y88vpwto>

You may also want to check out the advice given by the Chartered Society of Physiotherapists at:

[www.csp.org.uk/public-patient/keeping-active-healthy/staying-healthy-you-age](http://www.csp.org.uk/public-patient/keeping-active-healthy/staying-healthy-you-age)

And of course, no section on exercise would be complete without Joe Wicks these days. There are lots of his videos including some for older people at: [www.youtube.com/results?search\\_query=joe+wicks](https://www.youtube.com/results?search_query=joe+wicks)

Finally, in this section, please remember **not** to do any exercises that you think may be unsafe for any reason. If in doubt, get expert advice before starting a new exercise programme.

## Arts and Culture

Now that you have got your body back into shape (or decided it is too late to worry about it!), it is time to focus on the mind and in particular some great arts and culture websites.

A great place to start is Google's Arts and Culture page, which gives links to collections in a wide variety of museums and galleries around the world: <https://artsandculture.google.com/>.

BBC Sounds has a huge range of music, drama and audio books at: [www.bbc.co.uk/sounds](http://www.bbc.co.uk/sounds).

You may also want to look at the BBC's page with links to arts and cultural material specifically available because of the lockdown at: <https://tinyurl.com/Cultureinquarantine>.

The Arts Society offers lectures, blogs and discussion forums at: [www.connected.theartsociety.org/](http://www.connected.theartsociety.org/).

If you feel like some musical theatre without leaving home, you could try 'The Shows Must Go On' channel on You Tube, offering full West End and Broadway productions online for free at:

<https://m.youtube.com/channel/UCdmPjhKMaXNNeCr1EjuMvag>

Or the Globe Theatre's Shakespeare productions at:

[www.shakespearesglobe.com/watch/#free-youtube-premieres](http://www.shakespearesglobe.com/watch/#free-youtube-premieres).

Or The Royal Opera House at: [https://m.youtube.com/royaloperahouse?uid=HS5XKgf2FCBF8pZlIE\\_bjw](https://m.youtube.com/royaloperahouse?uid=HS5XKgf2FCBF8pZlIE_bjw).

Or the Royal Albert Hall at: [www.royalalberthall.com/](http://www.royalalberthall.com/).

It may not be quite the same as a real night out, but it is free, you can eat snacks without other people complaining and you can even wear your pyjamas if you want to!

### **Some More Stuff You Might Like That Didn't Fit Anywhere Else**

How about a bit of philosophy....: [www.bbc.co.uk/programmes/b075ft6f/episodes/player](http://www.bbc.co.uk/programmes/b075ft6f/episodes/player).

Or bird watching, in your garden or on your daily walk or run for permitted exercise only of course:

<https://tinyurl.com/ntbirdwatching>.

Gresham's College offers lectures on a wide variety of topics at: [www.gresham.ac.uk/watch](http://www.gresham.ac.uk/watch).

Some news stories that might make you smile...

<https://tinyurl.com/qq62wv3>

<https://tinyurl.com/vf38loo>

<https://tinyurl.com/ybk5f95s>

<https://tinyurl.com/uoswg9j>

<https://tinyurl.com/u7qd43b>

### **Quizzes**

And finally, a couple of quizzes, courtesy of North Norfolk U3A member, Denis Lascelles, and Chair, David Riddle. The answers appear at the end of this newsletter.

#### **Quiz Number 1:**

1. Who designed and first presented 'Desert Island Discs' in 1942?
2. Who painted benefits supervisor, Sue Tilley, in the nude in 2018?
3. What is the capital of Finland?
4. The head only of which saint is buried in Durham Cathedral?
5. Who composed the opera 'Carmen'?
6. What is the name for trees which shed their leaves annually?
7. In the French company LVMH what does the H stand for?
8. Which former Archbishop of Westminster was born in Newcastle in 1923?
9. Who was the second man to walk on the moon?
10. Which element makes up 78% of our air?
11. Who holds the world record for both the highest test and highest first class individual cricket scores?
12. Jonathan, the oldest living terrestrial animal is what type of creature?
13. Cajun food is associated with which US state?
14. Which comedian died after collapsing on the stage at Sunderland Empire Theatre in 1976?
15. Which pop group released 'Telegram Sam' in 1972?
16. Port Jackson is the earlier name and now the harbour area of which city?
17. The mistral wind blows in to which sea?
18. Who was Roman Emperor at the time of Jesus's crucifixion?
19. Sephardic comes from the Hebrew name for which country?
20. The 'Fosbury Flop' has been the dominant style in which athletic event since 1968?

### Quiz Number 2:

With what discovery do you associate:

1. Bedouin and archaeologists 1946 to 1956
2. Hiram Bingham in 1911
3. Howard Carter in 1922
4. Heinrich Schliemann in 1870
5. Pierre-Francois Boussard (or Bouchard) in 1799

What was the month and year of:

6. Princess Diana's death
7. VE day
8. Brexit Day
9. D Day
10. Neil Armstrong's moon walk.

What is the significance of the number:

11. 1094 yards
12. 338,626 men
13. 95 theses
14. 272 words
15. 14 Points

What is or was:

16. Operation Overlord
17. The Manhattan Project
18. Operation Barbarossa
19. Operation London Bridge
20. Operation Sealion

If that has whetted your appetite for obscure and possibly useless information, have a go at this:

[www.theguardian.com/tv-and-radio/2020/apr/17/no-conferring-take-our-devilishly-hard-university-challenge-quiz](http://www.theguardian.com/tv-and-radio/2020/apr/17/no-conferring-take-our-devilishly-hard-university-challenge-quiz).

Sadly, the answers are not supplied, so you will just have to rely on your own excellent general knowledge and/or Google!

And there are virtual pub quizzes at:

[www.youtube.com/channel/UCLcSqjJWHJeDWD\\_SbdorBRw?app=desktop](http://www.youtube.com/channel/UCLcSqjJWHJeDWD_SbdorBRw?app=desktop).



## **Zoom Zeitgeist**

What do I miss?

Your faces - your smiling faces.

Your jokes - your corny jokes.

Your company - convivial as ever...

...Zoom helps - I can see you, listen to your jokes, be *with* a group of you... almost!

Even though they are a compromise, tools like Zoom help to mitigate our collective social hiatus. Whatever our Group's raison d'être, seeing our fellow discussants facial expression is a huge boon to empathic discourse.

If we are in for many months of isolation, we will need to do whatever we can to grab indirect social opportunities afforded to us by whichever communication medium we are comfortable with - letter, 'phone, radio, TV, email, Facebook, Skype, WhatsApp, Teams, Zoom - they all have their place. Make use of them, because we need to talk.

Speak soon - stay safe.

*Anon*

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***For further information on any group below, please contact the Group Leader or Groups Co-ordinator via our new website [www.northwalshamu3a.org](http://www.northwalshamu3a.org), or by telephone as listed in the 2020 Programme Card.***

## **Art Appreciation**

The Art Appreciation group is continuing via emails, and during April we have watched the final two episodes of the BBC4 programme 'Art Mystery'. I think it is fair to say the majority of our group were disappointed with the series. The Art Critic, Waldemar Januszczek, looked at Gauguin's 'Vision of the Sermon'. As in all of the programmes, he worked really hard to make the painting fit his theory that Gauguin was battling with his love for a 17 year old called Madeline (they both appear in the painting), and Madeline meant Mary who was one of the three Mary's at Christ's crucifixion. He also said Gauguin was a devout Christian, which surprised us as when he went to live in Tahiti he was a drunken womaniser,

In the last programme he looked at Cezanne's 'The Card Players'. He had to work very hard indeed to put his theory, again with much reference to religion to match the picture. We were not convinced.

We have just looked at the virtual tour of the Andy Warhol exhibition at the Tate Modern. This exhibition showed the famous soup cans, Mao, Elvis and, of course, Marilyn Monroe paintings. The majority of the groups' comments were on how the paintings looked as if they had been manufactured, as if they had come off a conveyor belt, all the same, all repetitive. But this was the aim of Warhol, what he wanted it to be like. He saw himself as machine-like. He also called his studio/meeting place, a place to make art, film and music, the 'Factory'.

Coming up in the next few weeks is a quiz set by a member of the group, a presentation by another member and some virtual tours of museums around the world.

## **Computer Group**

Our meetings will continue courtesy of the video conferencing tool Zoom. I will set up a Zoom meeting each month, so expect to see your invitation email a couple of days beforehand. I expect our online meetings to be more of a chance to have a social chat, with perhaps a few computer questions sprinkled here and there.

## **Creative Writing Group**

Whether you have put your name down for the new Creative Writing Group or not, you may be interested or would like to have a go at the 100 day writing challenge. Take a peek at the following link: [www.timclarepoet.co.uk/the-100-day-writing-challenge/](http://www.timclarepoet.co.uk/the-100-day-writing-challenge/). It would be a good way to get the group started and lovely to see some of the results.

Happy Writing!

## **Digital Photography**

- Are you a budding photographer?
- Keen to learn a new skill or simply interested in the world around you and how it appears?

U3A National Office is running a fortnightly project called 'U3A Eye' to encourage people to take and submit pictures of their surroundings during this unprecedented time. They are going to be posting a different theme each fortnight and inviting U3A members to submit their photos on that topic.

This is not a competition and it is not about your photographic skill – what they want from you are interesting photos, possibly different ways of viewing things, anything which has captured your imagination or caught your eye. **The photograph must have been taken during the lockdown.** At the end of every fortnight they will choose and publish up to 15 photos on an online gallery for each theme, so that all members can enjoy the images.

The current theme is: **connect**, and the deadline for submissions: **1.00pm on Thursday, 7 May.**

For further information on U3A Eye and how to submit your photographs click on the following link:  
[www.u3a.org.uk/learning/u3a-eye](http://www.u3a.org.uk/learning/u3a-eye).

## **Food Savvy**

The following is from the Waste Reduction Officer of Norfolk County Council:

"I just wanted to highlight to you some Food Savvy Facebook Live sessions which will be running over the next few weeks. They will be running every Wednesday at 5.30pm on Hubbub's Facebook page [www.facebook.com/HubbubUK/](https://www.facebook.com/HubbubUK/) and will last for roughly 25 minutes.

We have three Chefs lined up for the next three weeks covering various themes, from eating well on a budget, root to shoot cooking and restaurant dishes for £5, we love a challenge! Chefs will also be asked to bring along their 'desert island' ingredient, you know, the one you wouldn't want to go without, intrigued? Tune in next week for helpful tips for saving food, our pockets and planet.

## **OVERVIEW**

On Wednesday, **29 April** we have Master Chef winner [Natalie Coleman](#), she will be discussing cooking on a budget and supporting good food in the community. They will be time for a Q&A's at the end as well, so make sure to bring your questions!

[Tom Hunt](#) on **6 May** will be talking about making the most of every piece of our food, root to shoot style, perfect for saving money, while staying healthy.

Maria Broadbent from Casa, Bury St. Edmunds on **13 May**. Maria will be aiming to make a sustainable restaurant dish for your family on £5, a challenge she is sure to rise to."

*Christine*

## **Gardening Group 2**



Last Autumn our group met at a member's home to plant spring bulbs. We were given a selection of daffodil and tulip bulbs, etc, and given free range. We had planned on visiting this month to see the results. Unfortunately, due to the coronavirus, we were unable to do this.

John and Gill have sent some pictures to prove we had put them in the right way up! They look good and the garden looks really pretty.

A Facebook page called 'North Walsham Garden Group 2' is up and running, with many thanks to John Tuck. It is in its infancy, but if anyone would like to take a look we would be pleased to hear your comments.

This is our way of keeping the group going during the lockdown. Maybe other groups could try this as well.

## **Humour Group**

The following items have been submitted by various members of the above group with the hope that they may bring a smile to your face, or even make you laugh during this difficult time - enjoy!

### **Notes to a Norfolk Milkman**

The brother-in law of a Humour Group member was a milkman in Norfolk before he retired. Here are some of the notes he collected on his rounds. Hope they brighten your day!

- Dear Milkman, I've just had a baby, please leave another one.
- Please leave an extra pint of paralysed milk.
- Please do not leave any more milk. All they do is drink it.
- Milkman, please close the gate behind you because the birds keep pecking the tops off the milk.
- Sorry about yesterday's note. I didn't mean one egg and a dozen pints, but the other way round.
- When you leave my milk knock on my bedroom window and wake me because I want you to give me a hand to turn the mattress.
- Please send me details about cheap milk as I am stagnant. Milk is needed for the baby. Father is unable to supply it.
- From now on please leave two pints every other day and one pint on the days in between, except Wednesdays and Saturdays when I don't want any milk. My back door is open.
- Please put milk in fridge, get money out of cup in drawer and leave change on kitchen table in pence, because I want to play bingo tonight.
- Please leave no milk today. When I say today, I mean tomorrow, for I wrote this note yesterday.
- When you leave the milk please put the coal on the boiler, let dog out and put newspaper inside the screen door. PS: Don't leave any milk.
- I'm making a cream cake so if you want a piece call tomorrow – but bring the cream.
- No milk today. I've gotta go into hospital to have my cataract done. Then I'll see you Wed.
- Dear Milkman, I have left the money where we agreed to the other day.
- Dear Milkman. No milk till further notice. I have to go into hospital to have another leg off.

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The following could be applicable to certain groups (!):

Computer Group: <https://www.youtube.com/watch?v=IFptlmGCOVI>

Wine and Yoga Groups: <https://www.youtube.com/watch?v=7sQk-4kouVU>

Classical Music Group: [https://www.youtube.com/watch?v=BKezUd\\_xw20](https://www.youtube.com/watch?v=BKezUd_xw20)

Lastly, Gardening Groups: **Gardening trivia and quotes** all found in 'The Curious Gardener's Almanac' by Niall Edworthy.

- Prince Charles, Duke of Cornwall, is paid one daffodil a year as rent for unattended lands on the Scilly Isles.
- Sunflower stems were once used to fill lifejackets before the invention of synthetic materials.
- Primroses were once made into puddings by frying the flowers in butter and sugar. Prime Minister Disraeli is said to have enjoyed the dish for his breakfast.
- A ladybird can eat up to 150 aphids in a day.
- Each year, insects eat one third of the earth's food crops.
- What a man needs in gardening is a cast iron back with a hinge on it. (Charles Dudley Warner 1829-1901)
- Tomorrow is the busiest day of the year. (Spanish Proverb)
- There are several ways to lay out a little garden. The best way is to get a gardener. (Karel Čapek 1890-1938)
- A man should never plant a garden larger than his wife can take care of. (T.H. Everett).

## **Mac Users Group**

Like the Computer Group, we have started to use the online conferencing tool 'Zoom' to conduct virtual meetings. The first couple of trial meetings we had were a bit chaotic at first as people got up to speed with the technology. I have developed an initial 1 to 1 phone support strategy to help those who find it difficult to overcome the inevitable early problems. It is all a bit strange and we have the 'fear of the unknown' syndrome to get over before we become comfortable with how it all works. It is very much like riding a bike - once you get the hang of it, you wonder why you wobbled so much at first!

Those who joined the trial meetings all said how much they enjoyed them and appreciated the chance to catch up with friends. Much of these meetings are taken up with tales of how we are all coping with lockdown issues and making sure that our members are all faring reasonably well in the circumstances.

## **Movie Matters**

Now we can no longer participate in our usual groups, we thought it might be fun to explore the world of film in different ways.

### ***Memories***

I discovered the other day that North Walsham previously had not one but two cinemas. One, I believe where the McCarthy and Stone flats are now, and one where Lidl's is. (Now, films are shown intermittently at the Atrium). As I am not entirely sure of my facts and know nothing more than this, I wondered if any U3A members had more information, and even better, memories of their experiences of past cinema going in North Walsham. (Or, indeed anywhere else). If you contact me via the contact form on the website, I can include comments in the next newsletter (authors' full names will be withheld).

Meanwhile, see where you get with this film quiz. (Answers at the end of the newsletter).

Which films do these quotes come from, and who said them?

- 'Well, here's another nice mess you've gotten me into'
- 'There's no place like home'
- 'You're going to need a bigger boat'
- 'I'll have what she's having'
- 'Here's Johnnie'
- 'Every time a bell rings an angel gets its wings'
- 'I'm gonna make him an offer he can't refuse'
- 'You know how to whistle don't you? You just put your lips together and blow'
- 'Help me obi wan kenobi, you're my only hope'
- 'After all tomorrow is another day'.

For next month I shall be researching films and TV programmes with connections to Norfolk. If you have any information on this, please do let me know.

*Jean*

## **Organic Allotment Group**



*Broad beans (first seeds to be sown) are now starting to grow.*



*Cane wigwams to support the peas and beans.*



*Pond is now deep enough to be lined and filled with water.*



*Neil strimming and tidying the plot.*

Ralph, Neil and Jayne continue to make progress at the organic allotment with the third bed now planted with peas and beans, and the fourth bed planted with potatoes, onions and a couple of Jerusalem artichoke tubers.

As we wait with anticipation to see what grows, we have been busy tidying the rest of the plot with the strimmer and digging out a small pond. The idea of the pond is that we may encourage frogs that will eat any slugs as we will not be using any pesticides.

It is very exciting to see that the broad beans in bed one, the first seeds to be planted, are beginning to grow already.



We have some fruit trees and fruit shrubs at the back of our plot, which were already established.

### **U3sings**

During this current time the singing group has been encouraged to join Gareth Malone's Great British Home Chorus online singing group. If you are interested in finding out more, here is a link to his sessions: [www.youtube.com/watch?](http://www.youtube.com/watch?)

### **Walking Group**

Hello all. While we are all only able to walk locally, you may wish to listen to Alfred Wainwright's 'Desert Island Disc' from Radio 4 in 1988: [www.bbc.co.uk/sounds/play/p009mfrs](http://www.bbc.co.uk/sounds/play/p009mfrs).

"For people who enjoy walking on the Cumbrian fells there's one indispensable companion. It's a 'Wainwright'; a small guidebook, mapped, written and illustrated by Alfred Wainwright, who's Sue Lawley's castaway this morning in Desert Island Discs. Wainwright has written some 50 books and his Lake District guides have sold more than a million. He'll be talking about his beloved Lake District and choosing eight records. [Taken from the original programme material for this archive edition of Desert Island Discs.] Favourite track: 'Somewhere My Love' (Lara's Theme) by Johnny Mathis. Book: Two photographs (one of wife; one of 1928 Blackburn Rovers team). Luxury: Mirror."

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## **ANSWERS TO QUIZZES**

### **Coronavirus Update Quiz 1:**

1. Roy Plomley 2. Lucian Freud 3. Helsinki 4. St Oswald 5. Bizet 6. Deciduous 7. Hennessy 8. George Basil Hume 9. Buzz Aldrin 10. Nitrogen 11. Brian Lara 12. Tortoise 13. Louisiana 14. Sid James 15. T Rex 16. Sydney 17. Mediterranean 18. Tiberius 19. Spain 20. High jump

### **Coronavirus Update Quiz 2:**

1. Dead Sea Scrolls 2. Machu Picchu 3. Tutankhamun's tomb 4. Troy 5. Rosetta Stone 6. August 1997 7. May 1945 8. January 2020 9. June 1944 10. July 1969 11. 1 kilometre 12. Rescued at Dunkirk 13. Luther 14. Gettysburg Address 15. Woodrow Wilson 16. Allied invasion of Normandy 1944 17. US Atom Bomb Project 18. German invasion of Russia 1941 19. Plans for Queen's death 20. German invasion of UK WW2

### **Movie Matters Quiz:**

1. Oliver Hardy in several Laurel and Hardy Films. Note: This is often misquoted as 'A fine mess' when it is 'A nice mess'.
2. Judy Garland as Dorothy in 'The Wizard of Oz'.
3. Roy Schneider as Brody in 'Jaws'
4. Estelle Reiner as a customer in a restaurant in 'When Harry met Sally'
5. Jack Nicholson as Jack Torrance in 'The Shining'
6. Carolyn Grimes as Zuzu Bailey (James Stewart's daughter) in 'It's a Wonderful Life'
7. Marlon Brando as Don Corleone in 'The Godfather'
8. Lauren Bacall as Marie Slim Browning in 'To have and have not'
9. Carrie Fisher as Princess Leah in 'Star Wars'
10. Vivien Leigh as Scarlett O'Hara in 'Gone with the Wind'.