



## Lanark & District U3A



In these strange and worrying times which we find ourselves forced into I do hope that you are all in reasonable health.

So much has happened and we have had to make so many changes to our lives I can't believe it is only three weeks since we had to shut everything down in our U3A. To me it feels more like three months.

One thing which is becoming obvious from this situation we are in is how communities are coming together to help each other. Lanark & District U3A is no different. If any of you who are isolating, by choice or medical reasons, are having difficulties with getting groceries etc don't worry about it as we are here to help. It could also be the everyday task of posting a letter. We have a group of volunteers who are not isolating as they are probably younger and fitter than the majority of us standing by to help if necessary.

If you need any help with food shopping please get in touch with me and I will give your phone number to one of the volunteers who will then contact you.

If a volunteer comes to your house they will strictly adhere to the social distancing rules.

Contact details are: Tel: **01555 771637** Mob: **07831 596797** Email: [nelsonwaters62@gmail.com](mailto:nelsonwaters62@gmail.com)

On a lighter note I do hope you enjoy the poetry etc. by Jan and Rosemary.

*Nelson*

***This is just to let you know how everyone is communicating with each other and bring a bit of light-hearted humour to all.***

Communication has evolved over time.

We've advanced from ancient drawings on cave walls, pigeon post, telegrams, even to a certain extent letters mail and telephones.

We are in the information age which is driven by the latest advances in technology.

Smartphones, the Internet, Email and social media seem to dominate today.

Whichever method you use, it's good to keep in touch.



### ***Scratch your head questions***

#### **General Brain-Teaser**

1. What is the next number in this series ....4, 7,13,25,?
2. What is a right-angle triangle?
3. Where is the Gobi Desert?

#### **Scotland**

4. What is a cleuch?
5. Name one of the islands in the Firth of Clyde.
6. Who wrote "The prime of Miss Jean Brodie"?

#### **History**

7. How long was the reign of Jane 1st of England?
8. When was VAT introduced in the UK and at what rate?
9. How often did Elizabeth 1 and Mary Queen of Scots meet?

#### **Science**

10. How is wolfram also known?
11. What does a parsec measure?
12. If diamond is the hardest material, what is the softest?

## GROUP MATTERS

To emphasise the fact that we in Lanark & District U3A are not completely shut down the following Groups are either active or at least keeping in touch with their members.

- ◇ PHOTOGRAPHY have a Facebook Group
- ◇ SCRABBLE ( Carluke ) converse with each other on a daily basis on WhatsApp
- ◇ GARDENING have a monthly newsletter and Leader keeps in touch via email
- ◇ POETRY READING are continuing via email
- ◇ UKULELE play regularly via Zoom
- ◇ SOCIAL CYCLING Leader keeps in contact with members some of whom still go out on their bikes but on their own
- ◇ CIRCLE DANCING Leader keeps in touch with members by phone and email and members can dance with tutor twice a week on Facebook
- ◇ LINE DANCING are keeping going via Zoom
- ◇ HUMOUR are continuing to laugh via WhatsApp
- ◇ BOOK GROUP 2 Leader keeps in contact via phone and email.
- ◇ BOOK WORMS Leader keeping in touch via phone or email
- ◇ OUTINGS are looking at the possibility of 'Virtual' outings
- ◇ YOGA are 'meeting' via WhatsApp.
- ◇ BRIDGE receive 'lessons' weekly via post
- ◇ FILM - will be meeting when things get back to normal. Lorraine would like suggestions for films for the future.



**YOUTUBE**, for those of you who haven't 'discovered' this alternative to the usual tv channels, it is well worth taking the time to explore it. You can find all sorts of exercise, from simple walking to Joe Wicks workouts which start at a 10 minute level and progress, all at your 'pace', plus Tai Chi, Yoga etc (maybe explore something new?!). You can find music of all kinds, from everywhere in the world. You may like to take the opportunity to visit some of the major Museums throughout the world or visit various cities without moving from your arm chair.

Whatever your interest, if you 'search', I'm sure you will find something to enjoy and pass the time.

Nelson and Lorraine

Wee Menace  
by Jan Train

There once was a midgie called Iris  
Flew down from the Highlands to try us  
She bit with abandon  
All those she did land on  
Now she's come down with *The Virus*.

## **L&D U3A FACEBOOK GROUP**

The page is called **L&D U3A Group**.

The Facebook group now has 53 members.

It is mostly light hearted, in contrast to the daily news, which I see as a good thing.

We need something to lighten our days. It is member led and I'd like to thank those who are posting regularly and encourage others to post things also. Share something interesting or funny that you have seen online. Tell us how you are passing your days. Post a photograph of the view from your window.

Post a photograph of your daily exercise. Post a photograph of your pet etc, etc.

I am aware that lots of people have no desire to be on Facebook normally but if you have not joined us yet, please reconsider and why not give it a go. Remember, it is a closed group, so no one other than members can see posts and no posts in a closed group can be shared. If you join and find it is not for you, you can always leave the group any time you wish.

I enjoy the LOVE LANARK Facebook page, in particular the photographs that people post on their daily exercise jaunts. There is a lady who posts pictures every day of her chosen route with her borrowed companion Duke ( a beautiful dog ). I look forward to seeing her posts each day.

LOST HOUSES OF THE CLYDE VALLEY

U3A: keeping in touch

U3A craft

Other Facebook pages I would recommend.

Can you please post your recommendations on our Facebook page?

### ***How to find the group.***

Sign into Facebook as you would normally.

Search for the group — **L&D U3A Group**.

Send a request to join the group.

When accepted you will be able to communicate with all the members of the group.



If you are NOT a Facebook member, and would like to join the group, you will need to create a Facebook account. You only require to put in basic information.

When that has been done complete the steps above, to send a request asking to join the other members using the group.

So, at present 53 members. Can we reach 60... 75... 100... ?

Best wishes to all and I hope to be welcoming lots of new members to our group!

*Irene McDougall*

## Going Viral

by Jan Train

We've all become recluses  
Holed away in oor hooses  
Allowed out for a walk  
once a day.  
We shout rather than talk  
from two metres away.  
Waist losing definition.  
Too much couch-potato.  
Surfeit of television  
with chocs. on the go.  
I could learn a language  
but I make a sandwich.  
I could take up keep-fit  
but opt for a biscuit  
and a cup of tea to go with it.  
A glass of wine at dinner  
I'll admit I'm a sinner.  
I think I'll get fatter  
with no set routine.  
But does 'fatter' matter  
stuck in quarantine?

## Between a Rocky and a hard place

by Jan Train

Two **Drifters**, by name of Pat and Kat, had been downing more than a few jars at the chocolate bar of their favourite **Club**. Somewhere **Twix**'t midnight and the small hours, when the waiters began to look like **Penguins**, they decided **TimeOut** was called for. Making their **Breakaway**, they **YoYo**-ed outside into the mist.  
"We'll get a **Taxi**," says Pat, "I'm not fit to bid for **Gold** at this time of the morning. Guess you didn't bring your running **Kit, Kat?**"  
"No, I sure won't be winning any **Blue Ribands** either." Kat fumbled in his pocket for coins but it felt like his hand had developed **Chocolate Fingers**, "**Jaffa** a fiver on you? I don't seem to have any change."  
"A **Wafer** for goodness sake, I'll stump up for the pair of us." As a taxi screeched to a stop, they continued to bicker.  
"Right, you two," says the driver, "stop **Hob-Nobbing** with each other and get in. There's a **Caramel Log** moving in."

## MOSSAT ( ISRAELI the Scottish Polis! ) by Jan Train

The 'phone at the police station gave a shrill ring:

"There's been a KILLIN!"

"Good CRIEFF, who's that COLLIN?"

"This is the LAW: Constable JOHNSTONE. This one looks BIGGAR than we can handle."

"Right, ISLE tell the Inspector. We'll get STRAITON to it".

The inspector consulted the Duty Roster; STAFFIN had become a sore point.

"CALDERWOOD be next on the list but he's TAIN annual leave.

Would GLAS GOW? What would COLONSAY? KIN ROSS do it? ROTHIMAY, but.wait..

This might be *ma* big break – has opportunity CUMNOCKing at ma door at last?

This time Am no STANE put. This is MINTO be."

"ALLOWAY an' do it masel', he concluded," There might BEATTOCK, but LETHAM."

Inspector MEL ROSE from his desk, where shortly before he'd been KIPPEN.

He was a BLYTH FALA who enjoyed BOWLING but was partial to a tot of RHUM and the odd CURRIE,

LEVEN him a FAIRGIRTH, indulgencies he might RHU but CANNA DENNY.

Inspector MEL ROSE to the occasion. It was time for him to COLL the SHOTTS.

(prompted by Perry Como's song "What did Delaware?")

Every place highlighted can be found in Scotland.

## MY LIFE AS OF NOW!

From Rosemary Train  
Remarks on a recent holiday in the  
Orkney Islands, in the town of  
Four Bays, in the town of  
As a result of a recent holiday in  
I've eaten my weight in  
My Book Group had to stop  
Next time I'll be on the  
End of the world as I know it,  
(And I'm fast becoming a total old man)  
But I'll be glad to be  
Shopping a new item in the  
(Though I'd rather see others eat a week's  
My daily routine,

It's a little bit upset, but well structured you know, do read the poem on the page below.

**MY LIFE AS OF NOW!** (From Rosemary Train)

OH, mercy me, how can this be-  
Restrictions on a social animal like me?  
Marks and Spencer have felt the lack  
Of my ability to journey back  
To Hamilton, to fill my time  
Buying Macon Villages- a superior wine  
Or clotted creamed rice-to mention one vice,  
Porridge, redolent with double cream  
Four times the price of any you've seen.  
Their Indian range is quite superb  
Worthy of any descriptive adverb.  
As a creature of habit, I always succumb  
To M&S ginger nuts-I demolish each crumb...  
Since I entered college at the age of eighteen  
I've eaten my way through surely umpteen!  
All the above ruined by Covid 19

My Book Group had to stop  
Catching us all on the hop!  
No more coffees with friends,  
End of Tai Chi at the "Mem"  
Willpower has flown,  
The diet is blown  
(And I'm fast becoming a total old moan)  
Hair looks fair messed  
But in some ways I'm blessed  
A plethora of books to read  
An imagination to feed,  
Shopping a new highlight, the once a week treat  
(Though the avoidance of others can be an onerous feat)  
My daily walk is my latest routine,  
A possible plus from Covid 19??  
  
The future for all is distinctly unseen  
But may we all get through this Covid 19 !!

Answers to 'Scratch your Head' questions.

**General Brain-Teaser**

1. 49 (double minus one).
2. here one angle equals ninety degrees
3. China/Mongolia border

**Scotland**

4. A steep valley or ravine
5. Arran or Holy Isle
6. Muriel Spark

**History**

7. Nine days
8. 1973 @ 10%
9. Never

**Science**

10. Tungsten
11. Astronomical distances
12. Talc

Finally—can you answer these simple questions.

- a. What word starts with E and ends with E but only has one letter in it.
- b. What's shorter than the rest, but when you're happy, you raise it up like it's the best!
- c. The more there is the less you see
- d. What word do I know that contains six letters, remove one letter, and twelve remain.
- e. What word looks the same upside down and backwards.



**Thanks to everyone who contributed.**

Jan Train (McNulty)  
Rosemary Train  
Loraine Swan  
Irene McDougall  
Robin Lee  
Nelson Waters