



Lanark & District U3A

How things have changed.

In **March** our meeting topic was to be 'The Haven – Forth'. How it came about. What it offers individuals etc...

Details about [The Haven](https://www.thehavencentre.com) can be found on their website at <https://www.thehavencentre.com>

In **April** the topic would have been 'The George Cross Island — Malta'.

Access the **George Cross Island Association** website <https://www.georgecrossisland.org.uk> for further information.



Before COVID 19 came into our lives in a very big way our U3A would have been attending our **Annual General Meeting** on the third Wednesday of May. That is not the case this year.

At this stage in our 'lockdown' I would like to let you all know what is probably going to happen as far as restarting L&D U3A.

I say probably because none of us really know what is going to be the outcome and so we can't put a timescale on it.

The thinking of **some of** our Committee is that we will hold the AGM at the beginning of the new session whenever that may be. We will soon have a virtual Committee Meeting when we will decide exactly what we do about getting things going again.

One thing that the Committee is definitely sure of and committed to is that it will be 'BUSINESS AS USUAL' as soon as we are permitted to and we feel that it is safe to do so.

As always please keep safe and well. Keep doing all these mind and body exercises. Also, something I have to remind myself about, don't eat too much to pass the time of day. The problem is that as we are both confined to the house and garden for a minimum of 12 weeks we have to find something other than gardening to do. Barbara has taken up baking to 'pass the time of day' and I have taken up eating it, to likewise 'pass the time of day'

It's not easy as I don't like seeing food going to 'waist'

Nelson

A reminder should you need assistance.

Lanark & District U3A volunteers are ready and available to help.

We have a group of members 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 etc., please get in touch with me and I will give your phone number to one of the volunteers who will then contact you to offer assistance.

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

Contact details for **Nelson** are: Tel: **01555 771637** Mob: **07831 596797**

Email: nelsonwaters62@gmail.com



LANARK Helps.

This is a group which is a HELPLINE to support those who are isolated and need help in collecting prescriptions, shopping, etc...

They can be contacted on 01555 437051.

Communication.

This was the theme of the last Newsheet and the fact is that we all interact with each other in one way or the other. Social media currently remains as the main way that is happening along with other more traditional mediums. (Telephone Mail etc.).

Video conferencing has become very popular for keeping in touch with family and friends wherever they are in the world and not just for talking to each other. It is also allowing members to continue enjoying participation within the group and have a virtual coffee at the same time.

Most groups are still keeping in touch with members via the information contained in the previous newsletter with 2 alterations.

- ◆ Yoga no longer on 'WhatsApp' now using videos on YOUTUBE.
- ◆ Scrabble (Carluke) now 5 members play a scrabble type game on Facebook each day.

There are a plethora of video applications available to allow us to communicate with each other.

Zoom, WhatsApp, Skype-Meet, Google Duo, Google Meet, Messenger-Meet Now, Webex

All of these use the Internet so ensure that whatever application you use it's up to date.

Do you know what Malware, Spybots, Ransomware, Viruses, Worms, Trojans, Adware, to name a few are? These are things you should be aware of and why you need good up to date security on your computer to ensure that you stay safe online.

We all communicate online but do take care when doing so.

L&D U3A WEBSITE

If like me, you haven't looked at it lately, why not take a look! Robin keeps it up to date and you might find it interesting to browse through it to see what additional information is there since you last looked. I found the old newsletters interesting and I spent a fair bit of time looking through them. I'm sure Robin would be delighted if members sent him more of their photographs.

The website is www.u3a-lanark.xyz or just click the link <https://www.u3a-lanark.xyz/>

Irene McDougall

Third Age Trust



The national organisation are working remotely and are sending out an electronic Newsletter to let you know what support they are offering to local organisations and to let everyone know what they are doing.

Keep up to date at <https://u3a.org.uk/> where you can also sign up to the email newsletter and if you want to join other members countrywide then you can do so by using the U3A: Keeping in Touch Facebook page at <https://www.facebook.com/groups/U3AKeepingInTouch/>

National U3A Day.

This event is now scheduled for the **1st October 2020.**

Did you know there is a U3A 'anthem' composed and available for the **Ukulele groups** to learn to play? Find it on YouTube, <https://www.youtube.com/> by searching for 'Barnsley U3A Anthem'

SOUTH LANARKSHIRE U3A NETWORK

About six or seven years ago Kay Gall, our then Vice Chair, suggested it would be a good idea to have discussions to swap ideas etc. with the other three U3As in South Lanarkshire. After quite a few emails and probably phone calls between all four U3As we saw the birth of SOUTH LANARKSHIRE U3A NETWORK.

We meet twice a year in the Popinjay Hotel which is fairly central for East Kilbride, Hamilton, Biggar and us. These are not decision making meetings but purely a way of getting feedback from each other on various aspects of running a U3A. There are usually two members from each of the four U3As so eight of us makes a nice friendly bunch of like-minded people. The 'tea/coffee and sticky buns' are of course the 'icing on the cake'.

Over the years I have enjoyed attending these events and will say that a few of the slight changes we in L&D have made originated from our 'get-togethers'. On the other hand a few of our suggestions have been incorporated into the other three in our group. After all, that was the outcome which Kay foresaw all those years ago.

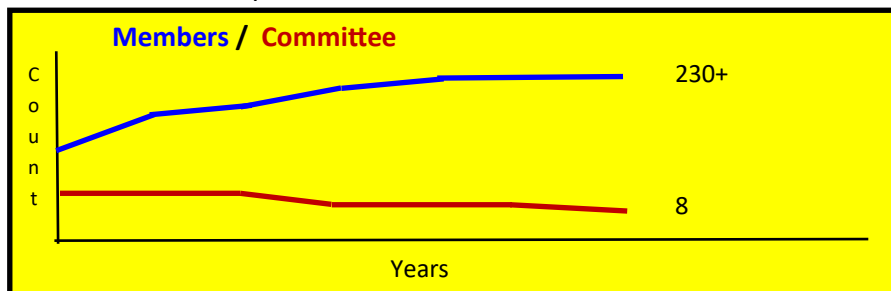
I feel that many of you will be unaware of these activities. There are also three All Scotland meetings held in different parts of Scotland per year at which two or three members of each U3A can attend.

All this leads me to say that being a member of LANARK & DISTRICT U3A Committee is not just a case of nine meetings a year in Lanark helping to run our U3A, important as that is, but there are opportunities to see what is going on beyond our area. Yes, you've got it, this is a wee plug for our Committee. We really need two, or possibly three, new members for the restart whenever that may be. We are one member short at the moment and two, including myself, will be retiring when we restart.

NELSON

Our **Annual General Meeting** would have been this month but has had to be deferred until such a time as large groups are allowed to get together again. Every year there is the need for new committee members.

This graph shows membership has increased but there are fewer committee members.



If you are interested in finding out more or joining the committee then let any member of the committee know or talk to Nelson Waters or Margaret Dunlop.

Members Input..

Members have risen to the challenge and shared some good cheer with us.

Their anecdotes are interspersed throughout the newsheet.

Warning 😬

Just be careful because people are going crazy from being in lock down! Actually I've just been talking about this with the microwave and toaster while drinking coffee and all of us agreed that things are getting bad. I didn't mention anything to the washing machine as she puts a different spin on everything. Certainly not to the fridge as he is acting cold and distant. In the end the iron calmed me down as she said everything will be fine, no situation is too pressing.

The vacuum was very unsympathetic... told me to just suck it up, but the fan was more optimistic and hoped it would all soon blow over!. The toilet looked a bit flushed when I asked its opinion and didn't say anything but the door knob told me to get a grip. The front door said I was unhinged and so the curtains told me to... yes, you guessed it... pull myself together.

Beryl Armstrong

GROUP NEWS

Outings Group

The Outings Group had to cancel our recent proposed visits to **Linlithgow** and **Hopetoun House** and the attached links would give the members a flavour of what is available before we reschedule in the future.



Parks Museum and Hamilton Mausoleum. 12th February 2020

<https://en.wikipedia.org/wiki/Linlithgow>

<https://hopetoun.co.uk/>

Similarly Historic Scotland has asked:

Do you miss visiting our stunning historic properties across Scotland? Us too!

However, we thought we would share how you can see some of our beautiful castles and palaces without leaving the comfort of your home! Many of our properties have featured in [popular films](#) and TV programmes in recent years, so you can stay safe at home whilst still getting to enjoy wonderful historic sites - from Blackness Castle to Linlithgow Palace.

Humour Group

We communicate via WhatsApp sharing the many funny skits and cartoons which are circulating a plenty around Facebook. Some make you chuckle and a few not so much! We would like your suggestions of your favourite comedies on TV so that we might tune in for some lockdown cheer.

Yoga Group

Ann, our teacher, has recommended following "Yoga with Adrienne" on YouTube to keep us supple.

I hope everyone keeps safe and is finding activity and calm in these strange times.

I am enjoying walks in the countryside only a few minutes from home revisiting favourite spots.

Reading and keeping in touch with everyone via telephone and social media keep my spirits up.

Some cooking and baking have kept my family from going hungry!

So far Spring cleaning has not appeared on my list of things to do when bored - maybe next month?

Film Group

Three Films to start us off after Lockdown.

1917. Emma. The Good Liar

Please suggest more films giving a brief synopsis to lanimers.ls@gmail.com by 15th May.

These suggestions will be circulated and can be scored from 1 to 5. (5 being the most popular)

A programme for future Film Evenings can then be prepared.

Lorraine Swan

Brian McNally

Line Dancing

We continue to 'meet' every Tuesday at 4pm via Zoom. It's great fun. We chat and then follow the moves of our talented teacher, Janice, and dance.

It is uplifting and your feet are not necessarily on display! If you would like to try some line dancing contact me and I will give you ID and password for our Zoom class. You will need to install Zoom App.)

Line Dancing Members on Zoom



A teddy bear is working on a building site. He goes for a tea break and when he returns he notices his pick has been stolen.

The bear is angry and reports the theft to the foreman. The foreman grins at the bear and says "Oh, I forgot to tell you, today's the day the teddy bears have their pick nicked."



All British Citizens to return as soon as possible. *from Meg McDonald*

The first foreign office advice when Coronavirus started to affect our winter sun holidays was “no unnecessary travel” and “British citizens who wished to leave Portugal should make their way to the channel to return to the UK” I did not want to return to the UK as life was pleasant in Portugal and a 1500 mile drive in a motorhome seemed unnecessary.

The situation became gradually more serious and the restrictions on our movements became more onerous, until we were not allowed to leave the site and had to wear a mask and gloves if we went out of our vans. All the sites in Spain started to close down and chuck campers off. In Portugal the sites did not close at that point, but no new campers were allowed on, even people with bookings. The writing was on the wall and I decided to leave the site on Sunday 22nd March two days before the site was closed for the remaining campers. That was also when the foreign office advice was changed to “All British citizens are advised to return to the UK”

After leaving the Algarve I drove to the Portuguese/ Spanish crossing at Elvas/Badajoz. So much for open borders – all the borders were manned, and many cross-border roads were blocked. The Spanish Guarda Civil questioned me and then gave me a form allowing me to transit Spain. I crossed Spain in 25 hours stopping for a sleep at a place called Torquemada on the motorway, going out through the only allowed crossing to France near San Sebastian.

For France it was necessary to have a form explaining your reason for being on the road. Luckily, I had been able to get printed copies of the form before I left Albufeira, but others had to handwrite the form, one for each day of travel. If you did not have the form when asked by a gendarme it could cost 130 euros fine. I was not stopped in France and asked for the form.

My first night in France was near Limoges. The next morning I went to a Leclerc supermarket to buy toilet rolls, pasta and rice to bring home to friends who had been unable to get any because of UK panic buying. No problem in France.

My second night in France I could not find a quiet place on the motorway as they were all full of trucks, most with refrigerated units going all the time. Looking at one of my apps I found a parkup in the forest of Rambouillet. It was in a lovely spot next to a small lake. A peaceful place for my last night on the continent for who knows how long. Most people came home using the tunnel, but I came back on the Zeebrugge to Hull ferry as it saved me about 250 miles driving, gave me a night's rest and a very welcome shower. Home on the afternoon of Thursday 26th March to two weeks self-imposed quarantine.

If anyone had told me that it was possible for me to drive that far that fast I would not have believed them.



This very simple poem has come to mind a few times whilst stepping into the garden on these recent gentle spring mornings and, perhaps, highlights the feeling that many of us are experiencing a mellower, more aware connection with nature during these times.

Robert Browning (1812-1889)

from Pippa Passes

The year's at the spring
And day's at the morn;
Morning's at seven;
The hillside's dew-pearled;
The lark's on the wing;
The snail's on the thorn:
God's in His heaven—
All's right with the world!

Tom Gallagher

Quick witted humour

The wife was counting all the 5 and 10 pence coins out on the kitchen table when she suddenly got very angry and started shouting and crying for no reason.

I thought to myself, "She's going through the change."

Local Police hunting the 'knitting needle nutter', who has stabbed six people in their back in the last 48 hours, believe the attacker could be following some kind of pattern.

My daughter asked me for a pet spider for her birthday, so I went to our local pet shop and they were £70!!!
Blow this, I thought, I can get one cheaper off the web.

EVERYTHING HAS CHANGED

Everything is farther away than it used to be.

It is twice as far to the corner and they've added a hill I noticed.

I have given up running for the bus, it leaves faster than it used to.

It seems to be they are making the steps steeper than they did in the old days.

And have you noticed the smaller print they use in newspapers?

There is no use asking anyone to read aloud, everyone speaks in such a low voice I can hardly hear them.

And it's almost impossible to reach my shoe laces.

Even the people are changing. They are so much younger than they used to be when I was their age.

On the other hand, people my own age are so much older than I am.

I ran into an old classmate the other day, and she had aged so much she didn't recognise me.

I got to thinking about the poor thing while I was combing my hair this morning and, in doing so, I glanced at my reflection in the mirror.

They don't make mirrors as they used to either!

Extracted from *The Scarborough Wood Rocket "the official newspaper of Condominium 457" Westhill, Ontario*

Some unusual CLEANING TIPS from Margaret and Loraine

To get rid of brown scale in your teapot fill it with boiling water and a small scoop of Vanish Gold powder stain remover and let soak in sink. Miraculous!

Also worked a treat on severely burned stew on inside of pot, soak overnight!

Use Tipp-ex to touch up small chips of white paint on doors or skirting

Vodka or gin is brilliant for cleaning ear rings!. You only need 10 ml.

Find out how these everyday items, along with a few nifty tips and tricks can help clean your home with minimal effort.

Make my living room spotless, keep your Kitchen spotless.

If you think bubble wrap is just for padding out moving boxes and for sending delicate parcels in the post, you'd be wrong! There are lots of practical ways to put it to use around the home - you'll wonder how you lived without it before!

We all want the kind of stainless steel you can see your reflection in. Getting it? Well, that's a different story. Grime, fingerprints and dust mean our stainless steel is often a far-cry from the shining silver surfaces pictured in the interior design magazines - sigh.

Dettol laundry wash is antibacterial and cleans the washing machine at the same time.

[12 Simple Steps To A Spotless Living Room](#)

[17 SMART Uses For Bubble Wrap \(That Are Even Better Than Popping It!\)](#)

[16 Weird Cleaning Tricks That'll Make Your Life Infinitely Easier](#)

[How To Clean Stainless Steel Sinks, Counters, Appliances & More!](#)

[17 All New Cleaning Hacks You've NEVER Seen Or Heard Before](#)

It's time to find out just how clean you really are.

A 'test' of sorts - 11 hot-spots that only the cleanest of cleaners keep spotless.

[How Clean Are YOU? Take The Test & Find Out!](#)

The links are in blue and will take you to the relevant Internet page.

Can you tell 'one bird from another' and do you know what they sound like.

This low booming call is very distinctive.

Bittern or Canada Goose?



It's the Bittern



Which winged creature makes a popping noise?

Bat or Duckling?



It's the Bat



Interested in finding out more about wildlife? Then visit



for further information.

Canal and Rivers Trust (English and Welsh Canals) have a quiz about this which you can find using this link.

https://go2.canalrivertrust.org.uk/dc/hFZnCzaVRUpcllI3wBPerLTf8ejYgDrEMC6AUIReols2R8Fa1D-ZsmqWAUSvDsF-tSF6Y4MJA0GJ580znTWS4j0hNjEr-Qy-leKkxC-UU_weMd9eEIU9MhjHr88twESWsU33_unD5Ja_YhpffCz9J7NsHfjQGm23R11Dwz-4mJ1ltn8wLnpsWfmU9xb9kw3pDV7Q5erYL92mCwDwGa1f9Fb-vlq1k4jBp-tOw8zPIWCI9ZgH3eLDd0x1D3o2zeba/p0b00H01gO0800EU5i0ka11

Brian McInally

HOW SMART IS YOUR RIGHT FOOT ???

This is bizarre!

How smart is Your Right Foot? ?

Just try this. It is from an orthopaedic Surgeon.....

This will boggle your mind and you will keep trying over and over again to see if you can outsmart your foot, but you can't.

It's pre-programmed in your Brain!

1. WITHOUT anyone watching you and while sitting where you are at your desk in front of your computer, lift your right foot off the floor and make clockwise circles.

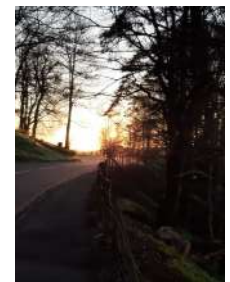
2. Now, while doing this, draw the number "6" in the air with your right hand.

Your foot will change direction.

I told you so!!!

And there's nothing you can do about it!

Send it to your friends and frustrate them too.



I was driving this morning when I saw a parked RAC van.
The driver was sobbing uncontrollably and looked very miserable.
I thought to myself, that guy's heading for a breakdown.

TALL STORY by Jan Train

The elephant is hardly
a master of disguise.
Scarcely surprising
given his great size.
“How does an elephant
hide in a cherry tree?”
My granddaughter asked me
her eyes alight with glee.
“By painting his toenails
red,” she laughed.
“Have you ever seen an elephant
hiding in a cherry tree?”
“No,” I said, feeling daft.
“That just goes to show
how good is his disguise.”
Well, I had to agree.
Who could say otherwise?

ACADEMY AWARDS by Jan Train

The goalkeeper falls in a dive
fully deserving an Oscar.
Crowd jeers, “Ref, it’s a skive.”
But no, his head hit the crossbar
Here comes the physio, on the ball
tends to the injured and the lame
wet sponge, bag of tricks an’ all
adds one more Lazarus to the game.
There’s magic in that aerosol
Placebo healing from a spray can
Nobody wants paracetamol.
The goalkeeper’s up, a new man!

A **Haiku** is a Japanese poem with 5 syllables in the first line,
7 syllables in the second, 5 syllables in the last.

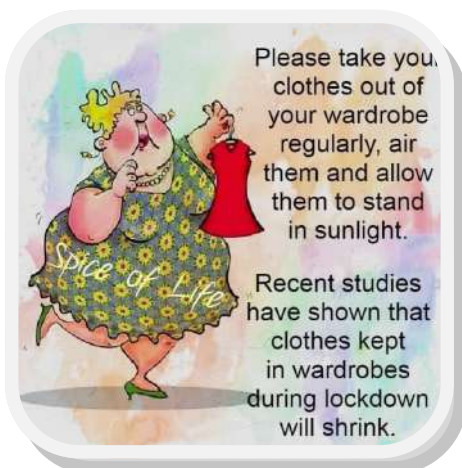
Here are a couple:

Electric Bill

Thunder and lightning
Advertising its charges
Merry hell to pay

Internet

Frost-rimmed spiders’ webs
Long-abandoned driftnets catch
only winter light.



A Gardeners Lament

*I'm a weed, I'm a weed
One of the despicable breed!
I never came out of a packet of seed.*

*I am no cossetted nursery child
Nobody keeps my pedigree filed
I am wild, I am wild, I am wild!*

*Do you think, sister Pink
That it's nice to line borders
on somebody's orders?
Those who kindly plant you
when they no longer want you
will throw you out to rot!*

*Won't you speak Mr Leek?
Do you like being made
to stand stiffly on parade?
They'll never let you flower.
They have you in their power
and will boil you in a pot!*

*Can I suppose, Lady Rose,
that you actually enjoy
being treated like a toy
while they play genetic games on you
and stick fancy names on you:
caught in a breeder's plot?*

*Freely I scatter my prodigal seeds.
Sun, wind and rain will provide their needs.
They cannot always be digging and hoeing.*

*While they're asleep
I get on with my growing!*

*I don't expect mercy and won't ask for pardon
But when they're all dead
I'll take over the garden!*

U3A LANIMERS LORRY

The U3A has participated in 4 Lanimers parades. I am told the first was simply members walking with placards showing the different groups. The second was the lorry with members aboard with a seaside theme. The third was MARY POPPINS and the fourth was OLIVER. We had started to plan for this year but as we all know it is on hold until next year.

Anyone can volunteer for this group next year, the more the merrier! It is very good for getting to know people better, great camaraderie and to round it off a lovely lunch at the golf club after the parade.

There have even been Lanimers house parties courtesy of Lesley and last year we also took a table at the Lanimers Ball. Excellent food, drink and company!



Thanks to everyone for their contributions.

We will keep you posted with developments over the summer period and hopefully it will not be too long before we can get together again as soon as it's safe and the conditions are correct for us to do so.

Take care, stay safe and don't get stir crazy.

Contributions from anyone who has something to say, be it about the U3A as a whole, one of the groups or as an individual are welcome. Please send items for inclusion, by email, to Irene McDougall at mrsmdougall@hotmail.co.uk

Thanks to everyone who contributed.

Publicity group — Irene McDougall, Jan McNulty and Jim Allan.

Website: www.u3a-lanark.xyz