

**Welcome to the LYME REGIS U3A**  
**MAY "CHEERS & DISTRACTIONS"      MAY 2020**

For **Newsletter / Newsflash and NEWS "CHEERS"** contact Sue Wilson  
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Over a month into LOCKDOWN - we all need a bit of cheering up and a few distractions to keep us occupied during these unusual and somewhat difficult times

**I am grateful to have received a few contributions from the membership -**

**I would welcome entries for the next edition - if you have something that you think we could share with members please send through to me.**

**Could be something a grandchild has said or a poem or humorous observation.**

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*Many thanks for this update, and congratulations on Aprilcheers—it succeeded in making me laugh out*

Penny's brother has written from his isolation in London [no need to wash your hands! ]

*"I think everyone needs to be a bit careful at the moment because people are going a little crazy from being indoors all the time. I was discussing this with the microwave and toaster whilst cooking breakfast. And we all agreed that things are getting a bit strange. I didn't mention this to the washing machine because she always puts a different spin on everything. I didn't discuss it with the fridge or the freezer as they are both acting a bit cold and distant at the moment. But the iron seemed calm about everything as she said no situation is too pressing. The vacuum cleaner was a bit off hand and said just suck it up, but the fan was more reassuring and said she thought it would all blow over. When I asked the doorknob what he thought, he just said get a grip. The front door told me I was a bit unhinged. So I chatted with the curtains and they said....yes - you guessed it! ..pull yourself together. I wonder what the toilet makes of it all?"*

This generated the following comments:

Or its all gone down the pan and driven us round the bend - *Jennifer Thomson*

Yes, but the coffee maker is feeling really ground down and the tea pot really can't take the strain! - *Jane Littler*

Strangely enough we have a member of our tennis group who has the same problem as your brother. She was heavily in conversation with her toaster when it popped up suddenly and hit her on the chin. She had two stitches and is booked in for counselling. The worst element are the taps, they go hot and cold over you! - *Joyce Beadle*

I think the toilet is probably having a lot of hot flushes so feels too shy to participate - *Sue Quinton*

As I said to the lap top, this whole thing doesn't compute. But the mirror said on reflection that was OK. - *Frances Smythe*

This poem was suggested by Klaus Wagner - LR U3A computer group leader. (forwarded by a friend)

When I looked this up on the web there was a great deal of speculation over its origin - shared as written by Kathleen O'Meara in 1869 relating to the Potato Famine and recirculated during the pandemic of 1919. BUT Catherine O'Meara on March 16, 2020, on her blog "The Daily Round" wrote: The Title of the poem is **"In the Time of Pandemic."** It would seem that this text is actually a modern-day poem written during the COVID-19 coronavirus pandemic . Fake news or what?

The poem has gone viral, racking up thousands of shares as it circulates on social media

### 'And People Stayed Home'

And the people stayed home.

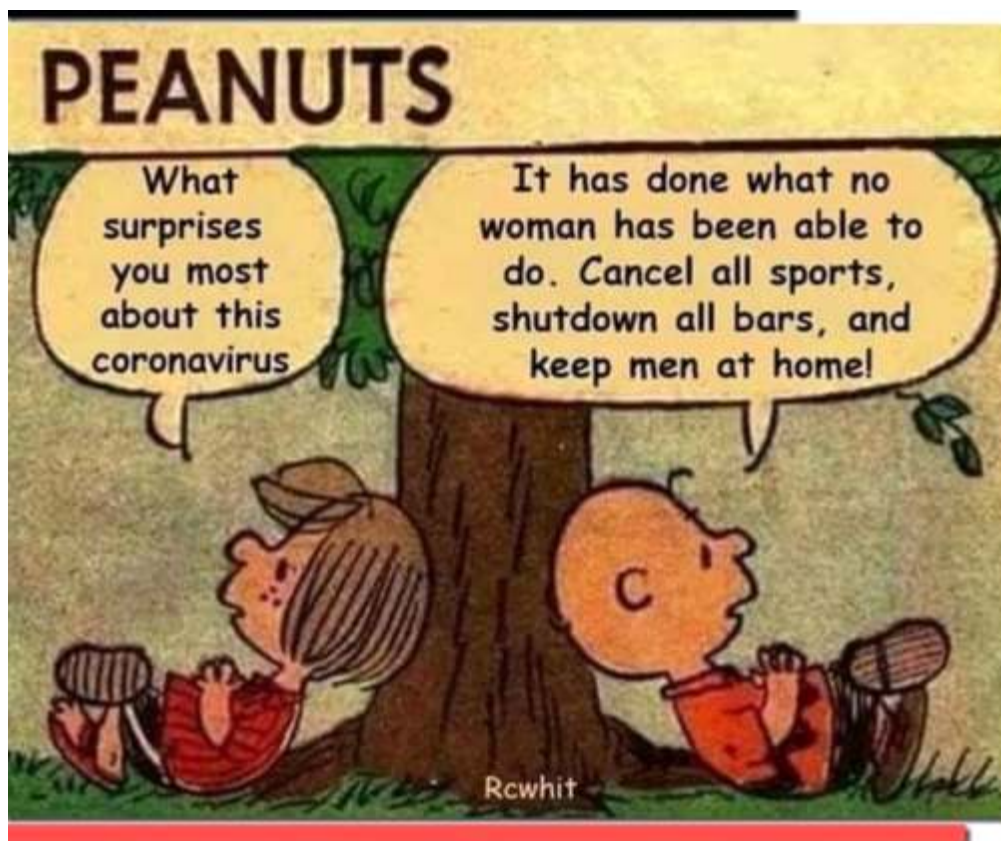
And they read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still.

And they listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently.

And the people healed.

And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal.

And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new images, and created new ways to live and heal the earth fully, as they had been healed.



I never made a mistake in my life. I thought I did once, but I was wrong.  
Charles M. Schulz

With credit to Charles M. Schulz

**Michael Rosen salutes the NHS on their  
60<sup>th</sup> Anniversary. We salute them now**

**These Are the Hands -  
Michael Rosen**

These are the hands  
That touch us first  
Feel your head  
Find the pulse  
And make your bed.

These are the hands  
That tap your back  
Test the skin  
Hold your arm  
Wheel the bin  
Change the bulb  
Fix the drip  
Pour the jug  
Replace your hip.

These are the hands  
That fill the bath  
Mop the floor  
Flick the switch  
Soothe the sore  
Burn the swabs  
Give us a jab  
Throw out sharps  
Design the lab.

And these are the hands  
That stop the leaks  
Empty the pan  
Wipe the pipes  
Carry the can  
Clamp the veins  
Make the cast  
Log the dose  
And touch us last.

Cont.....

*This witty poem about Covid-19  
is by Jan Beaumont from the **Starts at 60** Community*

I'm normally a social girl  
I love to meet my mates  
But lately with the virus here  
We can't go out the gates.  
You see, we are the 'oldies' now  
We need to stay inside  
If they haven't seen us for a while  
They'll think we've upped and died.  
They'll never know the things we did  
Before we got this old  
There wasn't any Facebook  
So not everything was told.  
We may seem sweet old ladies  
Who would never be uncouth  
But we grew up in the 60s -  
If you only knew the truth!  
There was sex and drugs and rock 'n roll  
The pill and miniskirts  
We smoked, we drank, we partied  
And were quite outrageous flirts.  
Then we settled down, got married  
And turned into someone's mum,  
Somebody's wife, then nana,  
Who on earth did we become?  
We didn't mind the change of pace  
Because our lives were full  
But to bury us before we're dead  
Is like a red rag to a bull!  
So here you find me stuck inside  
For 4 weeks, maybe more  
I finally found myself again  
Then I had to close the door!  
It didn't really bother me  
I'd while away the hour  
I'd bake for all the family  
But I've got no flaming flour!  
Now Netflix is just wonderful  
I like a gutsy thriller  
I'm swooning over Idris  
Or some random sexy killer.  
At least I've got a stash of booze  
For when I'm being idle  
There's wine and whiskey, even gin  
If I'm feeling suicidal!  
So let's all drink to lockdown  
To recovery and health  
And hope this awful virus  
Doesn't decimate our wealth.  
We'll all get through the crisis  
And be back to join our mates  
Just hoping I'm not far too wide  
To fit through the flaming gates!

### **DANNY'S CHILDHOOD MEMORIES - a different sort of lockdown**

Do you remember the winter of 1947, it was very cold with icicles hanging off drainpipes, gutters and everywhere else as well as deep snow. I was 6 at the time and vivid memories come back to me which I will share with you.

I well remember in the winter of 1947 riding in the front of my late father's Austin 10 and running into a deep snowdrift on the Chillington Road near Chard. Needless to say this did not deter my father and he just took a shovel out of the boot and dug us out. He also was obsessed with snow and loved the Arctic and Antarctic. He even insisted that any son of his, when christened, had to have a name relating to these parts of the world which is why my second name is Ross after Sir John Ross of Ross Sea origin. My eldest brother was called Franklin after Sir John Franklin.

My next memory is of sledging on Penny Plot field Chard. Our sledge, as we called it, (not toboggan) was made by my grandfather who was a boatbuilder in Southampton. He worked for Vospers making MTBs during the war. Anyway this sledge was really fast with steel runners and beat all the others and reached the bramble patch at the bottom of the hill with three of us were on it at the time. Penny Plot has now been filled in as part of landfill.

Again in 1963 I remember it snowed constantly for 3 days non stop starting on New Years Eve and lasted about 3 months. I was working for the Ministry of Labour at the time. I think back on those times when I was the only person on the road and got to work in Crewkerne using Cyclomaster bike with a two stroke engine built into the back wheel. With a low centre of gravity it was able to get through the snow and ice on the road. Getting through to Marshwood to see my then girlfriend was more difficult as the snow was up to the top of the hedges on that road at the time.

We rarely get snow like it now in this part of the world but I am sure you remember 1976 and 1995. I know in 1995 I walked from my home in Lyme Regis to the Golf course and took some photos. A few were later featured in the local newspaper. Some are attached to this short report.

Danny Hopkins



I hate when people ask me what I'm doing tomorrow, I don't even know what I'm doing today.  
Anonymous

There's something missing in my life, I just don't know if it's a puppy, a person, or a slice of pizza.  
Anonymous

NOW FOR SOME DISTRACTIONS:

See also SOS page on Lyme Regis U3A website

**COVID SOCIAL STUDY** - University College London (UCL).

a study about your psychological and social experiences during this period of the coronavirus pandemic (Covid-19).

This study aims to identify how the news about coronavirus is affecting people, whether people are having to isolate, and their experiences of isolating. It aims to inform understanding about the effects of social isolation measures on people's mental health. The findings will be used to help develop ways to support people psychologically and socially during this outbreak. Participation is open to people over the age of 18 living in the UK and is entirely voluntary. You do not have to be in isolation to take part. Visit : [www.covid19study.org](http://www.covid19study.org)

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**NEW NATIONAL CREATIVE ARTS COMPETITION** for over 70s stuck at home because of Coronavirus.

As it says on the website: 'Many people in the UK are staying at home and are not able to go out for social gatherings due to Coronavirus. Our greatest writer, William Shakespeare, was faced with a similar situation, with outbreaks of the plague throughout his career, and in particular in 1605-06, when he wrote his *King Lear*. We have launched the *King Lear Prizes* to encourage ordinary people, who have never been published before and are not professional writers, musicians or artists, to create new works of literature, poetry, music, drama and art during the time they are quarantined. You don't need experience, you just need to be willing to give composing or writing a try.'

The deadline is 29 May, there is a prize of £1000 for each category, and the categories are:

- Short story: 2,000 to 10,000 words, any subject or setting
- Poem: up to 40 lines, any form or subject
- Solo musical composition: up to 4 minutes long, one instrument, any instrument
- Short drama: up to 15 minutes long, for up to 4 people
- Art: painting, drawing, photography, textiles, crafts

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

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**THEATRES AND MUSICALS** - this is just one of many ways to link up and find streaming of theatre productions -Copy and paste:

[https://www.housebeautiful.com/uk/lifestyle/g32030829/coronavirus-lockdown-stream-musicals-theatre-shows-free/?utm\\_source=crm&utm\\_medium=email&utm\\_campaign=HSB\\_N\\_20200405\\_SUNDAY46&utm\\_content=na&utm\\_term=na&HearstNode=AECC5421DF4AC4BB88C822C7D1A1FB5999FE269CE598D3D3371AFB890F1C09E0](https://www.housebeautiful.com/uk/lifestyle/g32030829/coronavirus-lockdown-stream-musicals-theatre-shows-free/?utm_source=crm&utm_medium=email&utm_campaign=HSB_N_20200405_SUNDAY46&utm_content=na&utm_term=na&HearstNode=AECC5421DF4AC4BB88C822C7D1A1FB5999FE269CE598D3D3371AFB890F1C09E0)

The **RHS** have announced plans to hold a **Virtual RHS Chelsea Flower Show** this May, following the cancellation of their regular gardening event due to the spread of coronavirus. It is the first time Chelsea has been cancelled since the Second World War. Sue Biggs, RHS Director General, explains in an open letter: "The RHS will create a Virtual RHS Chelsea Flower Show to celebrate our great horticultural industry and gardening heritage."

The virtual show will run online from **Tuesday 19th to Saturday 23rd May** and aims to unite people around the joy of gardening — but from the comfort of their own home. This is still in the planning stage so more details will be announced in coming weeks: <https://www.rhs.org.uk/shows-events/rhs-chelsea-flower-show>

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Virtual tours of the **BRITISH MUSEUM**, London.

Described as a museum of the world, for the world, the British Museum is home to two million years of history. But the museum has also embraced technology. Half of the eight million objects in the collection are catalogued on their website, ready to be explored. If you don't want to go searching, choose a curated collection – from animals to Africa – filled with fascinating stories behind unique objects.

<https://www.britishmuseum.org/>

The **METROPOLITAN MUSEUM**, New York

Use this time to brush up on your art history. The Met has an interactive timeline stretching from 8000 BC to present day, filled with images and essays. They've also got hundreds of art books to download for free. Get started with their top 10 recommendations, from Japanese miniature sculptures to the art of Easter Island. <https://www.metmuseum.org/>

**THE GREAT OUTDOORS** : These nature videos, and wildlife camera streams can transport you from mountain tops to deep blue straits without leaving your living room.

<https://www.skyscanner.net/news/wildlife-webcam-see-the-great-outdoors-from-home>

Explore the Seven Wonders of the World (virtually!)

<https://www.skyscanner.net/news/explore-the-seven-wonders-of-the-world-virtually>

**National Trust Collections** -

<http://www.nationaltrustcollections.org.uk/>

Smiles are contagious... be a carrier. Anon

National Trust houses, gardens and gated parks are temporarily closed until further notice.

During this period of closure the NT is offering use of their online resources to explore the collections in their care.

**Befriending services.** **AGE UK** - you might like to offer your services or need their services

<https://www.ageuk.org.uk/services/befriending-services/>

If you're going through hell, keep going.  
Winston Churchill