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INTERIM NEWSLETTER No. 85 May 2020

Dear U3A member,

Welcome to our third Interim Newsletter, intended to keep us in touch and raise our spirits in these unprecedented times. It is ironic that Lee Mack's 'Not Going Out' is not going out when we have not been going out!

Members have been responding very well to the request for material, and many thanks for your contributions. It is sometimes difficult fitting in all the material submitted in the space available; so preference is given to original material from members themselves, rather than anything reproduced from elsewhere. Also, U3A policy, nationally and locally, is not to advertise other organisations: so this will be reflected in the newsletter. Otherwise, please keep your contributions coming, and be understanding if not everything makes the final edition.

Keep your distance and keep smiling. Ken Fisher, Editor

In this interim newsletter

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A message from our Chairs

Dear members,

We hope you are all keeping safe, well and positive. The cooler weather has forced us to focus on sorting out matters that we somewhat neglected when the sun was shining and we could bask in the welcome warmth.

We are in the process of working out how best to take our postponed Annual General Meeting forward. We hope to let you know shortly how we plan to involve you in decision making via post and email.

At our last committee meeting the committee members due to stand down kindly agreed to stay on for an interim period to ensure we have continuity at this challenging time. The committee also agreed to co-opt three nominees to work on the committee until the AGM, when you will be able to formally approve their appointment. They are Liz Cregan, Alan Fair and Ann Walsh. We thank them and welcome them aboard.

Do keep contributing to our newsletters. It's great to share and helps bring us closer together.

Keep smiling

Best wishes

Anne and Sara

Interest Group Feedback

Creative Writing Group (2)

“Our new group was lucky to meet face to face just before isolation started. Apart from each reading a short prepared biography (in any style), we did a quick exercise using key-rings as “triggers” for our imagination. We had ten minutes to write a spontaneous response based on the key-ring we chose (e.g. a Lamborghini fob, a smiley face, a label which said “Garage”, an American flag...), the idea being to tap into our creativity without too much conscious thought. Some real little gems emerged. We then set “homework” by providing a choice of 6 sentences, one to be incorporated into a 200-word story. For example, “That cushion with the bright yellow fringe could tell a tale or two”. These homework pieces are more considered and crafted – and often emerge as real little stories (and now of course we don’t need such a rigid word-count).

Since isolation, the members have used email to circulate monthly “triggers” (a photo of ties/cravats and another of suitcases lined up in a hallway) and “homework” (more diverse sentences), and then we have written our critiques using WhatsApp so we can all read them. One member provided valuable guidelines for doing critiques in a helpful way. This has worked brilliantly. We’re having lots of fun, and we all feel very positive that we can share our writing despite all the difficulties”.

Group leaders:

Jenny Cousins

Ros Napier

Letters from members

More about bread baking from Jill Adams



I have baked all our bread ever since we were married in 1970 and I'm attaching a picture of my latest baking. I bake 4x1lb loaves at a time and freeze 3 so that we always have a supply. Fortunately I had some wholemeal flour in stock because it now seems to be impossible to get hold of. I use 3 parts of brown bread flour to 1 part of strong white, 2 packets of yeast, 4 tablespoons of sugar, 2 ounces of melted margarine, 1 pint of milk and 1 pint of warm water

Best wishes,

Jill Adams

TV Licensing - a warning message from Roger McFadden U3A Science Group

Several members of the Science Group have received a scam email purporting to originate from UK TV Licensing. Other MKHD U3A members may also find it appearing in their inbox. The email is headed 'TV Licensing Official' and indicates that there has been a problem processing payments. This is a scam designed to gain access to your bank details so on no account follow any links from this email.

How to check the authenticity of the email...

1. Genuine emails from UK TV Licensing use 'donotreply@tvlicensing.co.uk'. A scam email address will read something like `webmaster@*****.jp`.
2. Genuine emails from UK TV Licensing include your name rather than 'dear customer' or dear 'your email address'.

UK TV Licensing website has a clearly written section on scams and how to spot them - <https://www.tvlicensing.co.uk/>

Keep yourselves safe from viruses and scammers..!

Roger McFadden

Film Quiz

Alan Fair has provided us with something for our film buffs.

The answers are on the last page

Naming Names

Match the given names with the 'screen' names.

- | | | |
|----|----------------|------------------------------|
| 1. | Cary Grant | Issur Danielovitch Demsky |
| 2. | Joan Crawford | Margarita Carmen Cansino |
| 3. | Kirk Douglas | Archibald Alexander Leach |
| 4. | Marilyn Monroe | Bernard Schwartz |
| 5. | Martin Sheen | Lucille Fay LeSuer |
| 6. | Rita Hayworth | Sofia Scicolone |
| 7. | Sophia Loren | Ramon Antonio Gerard Estevez |
| 8. | Tony Curtis | Norma Jean Mortenson |

Eastern European Cinema

Fill in the missing word.

9. _____ In The Water (Roman Polanski. Poland 1962)
10. The Fireman's _____ (Milos Forman. Czechoslovakia 1967)
11. The Colour of _____ (Sergei Parajanov. USSR 1969)
12. The _____ of Mr Lazarescu (Cristi Puiu. Romania 2005)
13. The _____ Horse (Bella Tarr. Hungary 2011)

Hitchcock

14. Name the four Alfred Hitchcock films starring James Stewart.
15. Name the four Alfred Hitchcock films starring Cary Grant.

Literary Adaptations.

16. David Lean directed two monochrome adaptations of Dickens which were they?
17. Laurence Olivier directed two famous adaptations of Shakespeare in 1944 & 1948 name them?
18. Which radical war novel by Nicholas Monserrat was adapted as a popular film in 1953?
19. Which novel by Angela Carter was adapted and directed by Neil Jordan in 1984?

Flower Quiz

Photos of garden flowers taken by our members. Can you name them?

The answers are on the last page.



A



B



C



D

Birds Quiz

Some birds in cryptic form compiled by Ken Fisher.

The answers are on the last page.

Part of the mating game

She's all at sea

Fast writer

Stretch your neck

Quick look

Believe a lie

No score.

I may be followed by it

Sounds like a scotsman's little cry

A frolic on a plane

Cowardly attack

Trivial complaint

Smokin'

Pinchin'

Brunette to deceive

Florence may lead it

Bedtime drink

Russian flyer

Shaving expenses

Extra nitrogen stated

Rock gas

Useful information and services

Government web site

Here you can access the latest information and advice.

NHS web site

Gives latest information and advice from National Health Service.

West Midland Police

See some crime prevention tips from West Midlands Police specific to the outbreak of coronavirus.

Times like these can bring out the best and worst in people. While some will be looking out for vulnerable relatives and friends, a small minority will be looking to profit from worry and concerns.

Guardian Web Site

Read some useful advice about fake news. Get the facts rather than the rumours.

Silverline

One of the members at our Coffee morning recommended [Silverline](#), (Child line for Older people). She has a Phone Pal via this, never met and talk every week at the same time, it also offers advice etc. [Helpline – 0800 4 70 80 90](#)

Birmingham Council News

This site provides useful information about council services.

Home delivery

Morrisons is offering a very useful delivery service to the elderly.

You telephone [0345 611 6111](#) and then choose [option 5](#).

You speak to a person who takes your details and then they read out a list of around 45 items. You say YES or No to each item and, if you choose an item you say how many you want (1-3). They deliver the order to your door and you pay by card at the door.

Library books on line

EBooks can be downloaded from BCC Libraries. The link is: https://www.birmingham.gov.uk/downloads/file/14842/instructions_for_downloading_ebooks. A library card is needed to use this service.

Contact information

Interest Group enquiries - please contact one of the Interest Group Coordinators:

- Brenda Bingham 0121 444 6295 brbingham@hotmail.com
- Roy Stove 0121 459 8604 jroystove@googlemail.com

Membership enquiries - please contact:

- Jackie Spearpoint 0121 439 5824 membership@mkhdu3a.org.uk

Social events enquiries - please contact:

- Julie Alder 07506 720 756 julieallder@yahoo.co.uk

Newsletter

- Ken Fisher ken@ken-fisher.com

General enquires - please contact:

- Sara Meyer sarameyer@hotmail.co.uk
- Anne Crerar 07881 702 305
- Mike Clark 0121 689 2765
- Or email enquiries@mkhdu3a.org.uk

Your Committee

- Co-chair Anne Crerar
- Co-chair Sara Meyer
- Business & Communications Secretary Ken Fisher
- Treasurer Tessa Bidgood
- Social Secretary Julie Alder
- Interest Group Co-ordinators Brenda Bingham and Roy Stove
- Membership Secretary Jackie Spearpoint
- Monthly Meeting Co-ordinator Sylvia Butler
- Advisory Member Mike Clark
- Co-opted Member Alan Fair
- Co-opted Member Liz Cregan
- Co-opted Member Ann Walsh

Quiz Answers

Films

Naming Names.

Match the given names with the 'screen' names

- | | |
|-------------------|------------------------------|
| 1. Kirk Douglas | Issur Danielovitch Demsky |
| 2. Rita Hayworth | Margarita Carmen Cansino |
| 3. Cary Grant | Archibald Alexander Leach |
| 4. Tony Curtis | Bernard Schwartz |
| 5. Joan Crawford | Lucille Fay LeSuer |
| 6. Sophia Loren | Sofia Scicolone |
| 7. Martin Sheen | Ramon Antonio Gerard Estevez |
| 8. Marilyn Monroe | Norma Jean Mortenson |

Eastern European Cinema

Fill in the missing word

9. Knife In The Water (Roman Polanski. Poland 1962)
10. The Fireman's Ball (Milos Forman. Czechoslovakia 1967)
11. The Colour of Pomegranates (Sergei Parajanov. USSR 1969)
12. The Death of Mr Lazarescu (Cristi Puiu. Romania 2005)
13. The Turin Horse (Bella Tarr. Hungary 2011)

Hitchcock

14. Hitchcock films starring James Stewart.
'The Man Who Knew Too Much', 'Rope', 'Rear Window', 'Vertigo'.
15. Hitchcock films starring Cary Grant.
'North by Northwest', 'Notorious', 'Suspicion', 'To Catch A Thief'.

Literary Adaptations.

16. 'Great Expectations', 'Oliver Twist'.
17. 'Henry V', 'Hamlet'.
18. 'The Cruel Sea'.
19. 'The Company of Wolves'.

Flowers

A - Camellia - B - Tulip C - Primula D - Columbine (Aquilegia)

Birds

Part of the mating game.

She's all at sea.

Fast writer.

Stretch your neck.

Quick look.

Believe a lie.

No score.

I may be followed by it.

Sounds like a scotsman's little cry.

A frolic on a plane.

Cowardly attack.

Trivial complaint.

Smokin'.

Pinchin'.

Brunette to deceive.

Florence may lead it.

Bedtime drink.

Russian flyer.

Shaving expenses.

Extra nitrogen stated.

Rock gas.

Rook

Wren

Swift

Crane

Gander

Swallow

Duck

Jay

Wheatear

Sky lark

Yellow hammer

Grouse

Puffin

Robin

Black-headed gull

Nightingale

Nightjar

Red kite

Razorbill

Moorhen

Stonechat