



mkhdu3a.org.uk

INTERIM NEWSLETTER No. 87 June 2020

Dear U3A member,

Welcome to our third Interim Newsletter, intended to keep us in touch and raise our spirits in these unprecedented times. As the lockdown eases, we may soon be able to start meeting again, and there will be no need for this Interim Newsletter, but we are not out of the woods yet. It's good to see that non-essential shops are open again, and we can buy all of those things we don't need!

You may also be interested in the [U3A National Newsletter](#).

Keep your distance and keep smiling. Ken Fisher, Editor

In this interim newsletter

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A message from our Chairs

Hello everyone

We hope you are keeping well and staying dry. We knew the minute we were asked to conserve water after weeks of dry, sunny weather, that rain would ensue. It has been a rather sodden few weeks, but at least gardens are looking lush and verdant. And it has given us an opportunity to tackle those household chores and spring cleaning projects we put off when the sun tempted us to spend more time outdoors.

It is also an opportunity to participate in our virtual AGM. Thanks to Mike Clark, who is leading the project, we should all have received communications about this and how to take part. At this stage we are really keen to get your questions or comments. To give them, please reply to Mike's email (or letter for those members not on email).

Our buddy system for those who are not online is also well underway and it has been a joy to have a chat and a catch up by phone. It is good to know that you are enjoying our newsletters and find them useful. Do keep sending your contributions to Ken.

We continue to experience challenging times, but we MKH&D U3A members have shown that there is much to be gained by staying connected.

Stay safe and well.

Best wishes

Anne and Sara

Update to our Privacy Policy

An amendment has been made to our privacy policy to reflect the fact that the Third Age Trust Trading Ltd (TATTL) now administers the Beacon management system which we use to hold our U3A membership records. You can view the policy on our website.

<http://mkhdu3a.org.uk>

Ofcom Advice for consumers: NHS 'test and trace' scams

This web link provides useful advice that is summarised below.

<https://www.ofcom.org.uk/about-ofcom/latest/features-and-news/nhs-test-and-trace-scams>

On a genuine call, contact tracers will never:

- ask you to dial a premium rate number (for example, those starting 09 or 087);
- ask you to make any form of payment;
- ask for any details about your bank account;
- ask for your social media identities or login details, or those of your contacts;
- ask you for any passwords or PINs, or ask you to set up any passwords or PINs over the phone;
- ask you to purchase a product – including a test;
- ask you to download any software to your device or ask you to hand over control of your PC, smartphone or tablet; or
- ask you to access any website that does not belong to the Government or NHS.

If you receive a call from somebody claiming to be from the NHS, and they ask you to do any of these things, hang up and report the call:

- to Action Fraud, by calling [0300 123 2040](tel:03001232040) or by visiting its [website](#), if you are in England, Wales or Northern Ireland.

Interest Groups' Creative Pieces

Photography group contribution from Roy

I have been using my camera every day in a loosely defined project to record my experiences in this strange time; the days at different times, changing light, odd things that catch my eye and anything that moves, which is mainly animals carrying on oblivious to the reduction in human activities. It is an interesting challenge to capture movement in a still picture and an equal challenge to capture stillness in a picture.



'Nest building with plastic' on Bournville Boating Pond 12 May 2020 at 09:27

Early one morning I was watching a busy small bird nest building. The water was reflecting a clear bright blue sky, stronger than the sky blue, and focussing my camera on a small bird that seldom looked in my direction took a lot of patience. As I got a sharp image of the coot, I have cropped very close then desaturated the blue water, emphasising the white and black, and composed with the red eye on the third point.



'Coot contemplating' 20 May 2020 at 19:42

A still evening black mirror with sharp reflections. Original picture aspect ratio 4:3, cropped to letterbox. Otherwise unmodified except for increasing colour saturation on blue/green buoy a bit and reducing distant red buoy to avoid distracting eye from central interest. The Model Boat Club later destroyed the nest !

Members' Wildlife Photographs



Badger at Roy Stove's food-bank



Great spotted woodpeckers in Highbury Park by Sheila Clarke



Lunch time for the cootlings at Swanshurst Park by Ken Fisher



Gosling posers at Highbury Park by Sheila Clarke

The Great British Indoor Barbecue

A recipe from Sara Meyer

No matter what the weather, we can beat the system and enjoy a barbecue even if it is indoors. The secret is in the homemade barbecue sauce to coat vegetable kebabs, meat or fish.

For the sauce combine approximately a tablespoon of ketchup, a tablespoon of soy sauce, a teaspoon of mustard and the magic ingredient - half a teaspoon of smoked paprika. You can experiment with adding other ingredients such as brown sauce, chilli, lime juice or chutney depending on your tastes.

Coat your meat, fish or vegetables with the sauce and grill in the oven until cooked. Before using, you may want to set aside some of the sauce in a separate container to serve with the meal as a condiment.

Accompany your barbecued delights with baked potatoes or bread and a fresh salad. To complete your barbecue, make fruity cocktails or mocktails to add to that sense of summer fun.

Plant of the month

Arum lily in Ken Fisher's garden



People's names Quiz

Some names in cryptic form compiled by Ken Fisher.

The answers are on the last page.

Honest man (5)

She grew up in a grove (5)

He might be found under a cow. (3)

I moan when upset (5)

Falling water fetcher (4)

Star prize (5)

Testing car in reverse (3)

Clark Kent's inner self (3)

Pool for drinking (5)

Appropriate things (3)

He's heard to be close (4)

Pre-meal devotion (5)

He's said to have been scratched (5)

Mountain man (3)

March ends when she arrives (5)

A brief journey for her (5)

Persistently harass him (5)

He's heard to have conviction (6)

He has a stony face (5)

Bunny girls dig this (6)

154, last score for him (5)

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.

Moseley Together

Latest community news including Moseley in Bloom and the Farmers' Market

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.

Ordering groceries by telephone

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 Allder 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 Allder |
| ● 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

Names

She grew up in a grove (5)	Olive
He might be found under a cow. (3)	Pat
I moan when upset (5)	Naomi
Falling water fetcher (4)	Jack
Star prize (5)	Oscar
Testing car in reverse (3)	Tom
Clark Kent's inner self (3)	Ken
Pool for drinking (5)	Kitty
Appropriate things (3)	Rob
He's heard to be close (4)	Andy
Pre-meal devotion (5)	Grace
He's said to have been scratched (5)	Claud
Mountain man (3)	Ben
March ends when she arrives (5)	April
A brief journey for her (5)	Sally
Persistently harass him (5)	Harry
He's heard to have conviction (6)	Ernest
He has a stony face (5)	Cliff
Bunny girls dig this (6)	Warren
154, last score for him (5)	Clive