



Here & Now



The letter 'S'

No. 79

Spring/Summer 2020



Tina Pankhurst Spring/Summer 2020 Edition

Welcome to the 2020 Spring /Summer edition of 'Here and Now'. How things have changed. Who would have predicted that most of us would be in isolation relying on friends, family and neighbours for our basic needs. I expect that some of you like me, who normally thought that technology wasn't for you, have quickly learned how to e-mail, Skype, Zoom and use You Tube to keep in contact with family and to watch the latest uplifting short videos.

Who would have thought that toilet paper would be like gold dust, a packet of pasta nowhere to be seen and a tin of tomatoes something to dream about?

So, here is our latest edition. I hope you enjoy our theme of everything to do with the letter **S**. It seemed an obvious choice at the time with Spring just around the corner. I'm thrilled that all the groups beginning with the letter **S** sent me articles about their meetings and the activities they have enjoyed. The inclusion of two quizzes will hopefully help to keep the brain boxes ticking over. We had hoped to include an article about our trip to Slovenia but sadly, like so many holidays, this had to be cancelled. Never mind, we can only hope that life will return to some kind of normal.

Chair - Mike Cockett 'Social, Socialising, Society'

The key word of the moment is '**Social**'. We are asked to practice social distancing. This is exactly the opposite of what we should be doing. Physical distancing, yes, secure distancing yes but what we need to maintain is social closeness. One way of being socially close is by being silly. Sharing a good joke lifts the mood. The U3A: Keeping in Touch is a closed Facebook page that all U3A members can join by giving the name of our U3A. It is full of ideas, puzzles and challenges and also it is used for sharing jokes. I particularly liked the one about the 'locked down' woman who had a sudden insight into the world of her dog when she found herself looking out of the window and barking at a squirrel.

A friend of ours used to go to theatre live performances with a group of her friends. Since many of these performances are now online, they are organising a theatre evening in which they dress up, open a bottle of wine and chat on social media before the performance, settle down to watch the broadcast in their own homes then chat again in the interval. It's a fun idea and socially close. There are lots of surprisingly inventive ways such as that aimed at remaining close whilst physically distant.

Finally, of course, there is yet another **S-word**, sympathy, sympathy for those who work hard on our behalf, sympathy

for those who are alone and lonely. To feel what others feel, to appreciate what others are going through keeps us human and humane. We can't escape the dark side of human nature, the hoarding or the attacking of NHS personnel - the anti-social - but this is enormously outweighed by hundreds of thousands of volunteers. I am instructed by the doctor not to leave the house. A young woman living just round the corner, whom we had never met, has offered help and has already picked up a prescription for us. That is social closeness.

With all this in mind we have a great deal going on through our own U3A. Many group leaders are keeping in touch with their members by phone or email. Much of the socialising opportunities depend on using online resources and we already have groups holding online virtual group meetings or using email or WhatsApp to set and share common tasks.

In the Bulletin we have published a number of these ideas including how to get help with computer and tablet access to resources by contacting Charles Symons on techhelp@rru3a.org.uk.

If members want to contact other members and don't know their contact details or are isolated, they can phone Heather Phipps on 01737 474015.

In future bulletins we will publish examples of how, whilst we may be isolated, we are staying close.



People and things associated with the letter '**S**'. Not always the usual ones...

Scam – maybe very important at the moment – scam emails offering Covid19 cures, scam health officials at the door offering to test you, scam cleaners offering to clean the house of viruses, and on and on. Don't give away any personal information to anyone at all!

John Hopkins



Searle, Ronald: he gave us so many drawings and cartoons from the extreme tragedy of being a prisoner of war of the Japanese to the riotously dysfunctional girls of St Trinians. He spent most of the war working on the infamous Siam-Burma Death Railway. Amazingly he survived with approximately 300 drawings as a record of the conditions there.



Seacole, Mary – she was a British-Jamaican businesswoman and nurse who set up the "British Hotel" behind the lines during the Crimean War. She described this as "a mess-table and comfortable quarters for sick and convalescent officers".

Many say she did as much or more than **Florence Nightingale** for the wounded soldiers but who was written out of history and forgotten for many years due to her colour and nationality.



Switzerland

The land of mountains, chocolate, watches and cuckoo clocks. It is one of the most developed countries in the world with the cities of Zürich, Geneva and Basle ranked in the top ten cities anywhere.

The Swiss remained neutral through the two world wars. In 1920, they joined the League of Nations, which was based in Geneva, on condition that it was exempt from any military requirements. Only in 1990 did the last canton give women the vote.

Anniversaries



45th Sapphire



25th Silver



8th Salt



6th Sugar



4th Silk

S

Sixpences and Shillings – I'm sure we all remember these. I remember when my pocket money was two shillings and sixpence – or half a crown – and thinking I was rich. This would now be worth only 12½p which wouldn't buy me much today! The English Shilling came from the German Schilling from the Roman Solidus. This was equivalent to 12 Denarii or Pfennigs which became our Pennies.



Sing, sing, sing...



It has been my pleasure to lead the Singing for Pleasure group in our U3A for the last eight years. A section of our group includes founder

members, which makes for solid friendships and an enthusiastic good sound. We have those who read music, those who don't. We work roughly in terms – Spring, Summer, Autumn, Winter- then Christmas. That means we learn four new programmes a year- for it is our aim to perform these programmes to audiences in our five different venues- residential homes, care homes and sheltered accommodation.

We are fortunate to have an experienced accompanist, who is classically trained, but has morphed into our more middle of the road choices. What are those choices? Well, recent repertoires have included music by Gershwin, Songs from various Decades, A Whistle stop Tour of the USA, An afternoon with Cole Porter, and currently The Melodies of Jerome Kern. I choose

the programmes, with our audiences very much in mind. Over the years we have got to know them and they look forward to our visits.

The size of our audience has increased in every one of our venues and we make time after our concerts to stop and chat over a cup of tea. We meet twice a month for a two hour session, with a coffee and chat break mid-morning. Yes, we work hard, but we laugh a lot. I am always thrilled at the way the members of our singing group volunteer so happily and readily to give up their time, then travel to the various venues where they can give pleasure through singing. The media tells us so often of the value of singing- good for the body by increasing lung capacity and vocal strength, also good socially by inter-acting with each other. It is so true in our case. We come together to Sing for Pleasure.

“Some days there won’t be a song in your heart. Sing anyway.”



Geraldine Horn

SCRABBLE

SCRABBLE was created in 1938 by an American architect Alfred Mosher Butts as a variation on a word game which he had previously invented. It was subsequently bought in 1948 by James Brunot a resident of Newtown Connecticut. After various changes of ownership the Scrabble trademark is now owned by Mattel in most parts of the world except in Canada and the US where it is a trademark of Hasbro. It also enjoyed a few years as a daytime TV game show hosted by Chuck Woolery on NBC. It is available in 121 countries and 29 languages. Approximately 150 million sets have been sold.

SCRABBLE is a word game in which two to four players score points by placing tiles, each bearing a single letter on to a game board with a grid of 15 x15 squares. Each letter of the alphabet scores a certain number of points from 1 to 10. The value of the tile is in the bottom right hand corner of the tile and the letter is in the centre. This numbering is based on the letter's frequency of use in the English language. eg. A and E are some of those which only score one point whilst Q and Z score 10 points. There are 100 tiles – 42 vowels, 56 consonants also 2 blank tiles which count as jokers.

On the board, there are certain 'premium' squares which occur symmetrically. There are 24 pale blue squares which indicate a double letter score and 12 dark blue squares a triple letter score, 17 pink squares which indicate a double word score and 8 red squares a triple word score.

The players play alternately. All words played must be in the latest Scrabble Dictionary which is updated every few years to take into account the changes in our language – for instance some texting abbreviations are now included. Each player has 7 tiles on their rack which they replace from the tile bag as they play. The game finishes when one player has no more tiles on their rack. The player who has scored the highest number of points by the end of the game is the winner. With the aim of scoring the highest score possible, players will be trying to get the higher scoring tiles on to one or more of the premium squares. Each word score depends on the value of the tiles, also taking into account any premium squares BUT if a player manages to put down all 7 tiles in one go they score an extra 50 points!

There are various rules which to a beginner might look daunting but in reality soon become second nature.

Most Scrabble games are played by families but there quite a few clubs around the country and also most weekends there is a tournament somewhere in the world. For the more important tournaments players will travel internationally. Above all, Scrabble should be treated as FUN.

The Scrabble group meets on the 4th Friday of the month when we play 2 games of not too serious Scrabble, interspersed of course, by some chit-chat.

Priscilla Mundy

A Sweet Story



Remember those lovely tins of Mackintosh's Quality Street with the soldier and his sweetheart on the lid? Have you ever wondered why were they pictured and why the contents were called Quality Street?

Read on...

In 1890, John and Violet Mackintosh began to produce toffees in a shop in Halifax, North Yorkshire. The company expanded, and, when John died, in 1920, his son, Harold, inherited the business.

In the depression years of the 1930s, Harold wanted to produce reasonably priced confectionery in attractive packaging that the general population could afford and enjoy. Tins rather than boxes were designed which were eye-catching and, when opened, instantly released a mouth-watering chocolate aroma. The contents were an innovative, colourful, individually wrapped, mixture of toffees, sweets and chocolates.

Harold calculated that in times of economic hardship, people craved nostalgia, so he employed Sydney Coles to design the initial advertising campaign and the decoration of the tins.

This is where we divert to Theatreland and back to 1901. J.M.Barrie, before he rose to fame with "Peter Pan", wrote a romantic comedy called **"Quality Street"** which was first staged at the Valentine Theatre, Ohio, then at the Knickerbocker Theatre (lovely name) in New York in 1901. It was not exactly a crowd puller, surviving for only 64 performances. However, when it crossed the Atlantic and opened at the Vaudeville Theatre in London on 17th September 1902, with an English cast, it was a sell-out. It ran for 459 performances, making it one of the first American productions to score a bigger triumph in London than in New York.

The setting of the play was England in Napoleonic times, and the stars were a husband and wife team, Seymour Hicks and Ellaline Terriss. Seymour played a soldier returning from the Napoleonic wars to

discover that his sweetheart had changed. Terriss played the girl, who has matured and become independent-minded while he has been away. Adopting an alter ego, she sets out to win his heart again.

Back to Harold and Sydney in Halifax. They had the brilliant idea to illustrate the two characters on the tins and use the play's name, **"Quality Street"** to attract customers. The original models for the Napoleonic soldier and the Regency lady were Tony and Iris Coles, Sydney's two children. The characters were known as Major Quality and Miss Sweetly.

Mackintoshes continued to use the concept in a variety of designs until 2000, when the iconic figures were discarded.

The characters were known as Major Quality and Miss Sweetly!

As well as christening innovative confectionery, the play made stars of Hicks and Terriss. When they moved to a new home, The Old Forge, in a cul-de-sac in Merstham, the council decided to name the road

"Quality Street".

Back to Theatreland, our Local History group previously had a guided tour of Quality Street and its environs. Imagine our delight when The Yvonne Arnaud Theatre staged a revival of the comedy and we were able to book tickets... but thwarted by the Coronavirus. Undeterred, I have ordered a copy of the play and will circulate it to our group.

Denise Moseling, Group Leader Local History



Sounds



When the type written word starts to become a bit blurred you get a pair of specs and the words become clear again. Nobody treats you any differently because you now need to wear glasses, in fact they may not even notice you're wearing them.

music; I have no choice but not hearing what is said on the telephone is a big difficulty for me. Thank goodness we live in a technical age that email and text messages can take the place of the phone but I still have to find a way to make a hair appointment or call out an engineer when things go wrong.

Little things matter more now like remembering to check I've turned a tap off because I failed to hear the running water. Was that someone knocking on the door or something on the TV? Worst of all is making sure I walk close to the inside of the pavement because I've jumped out of my skin more than once when a cyclist or skateboarder whizzes past me suddenly as I failed to hear them approach.

My true friends have been so supportive ensuring they look at me when they speak and not call out from another room when I don't have visual contact. They text instead of phoning for a chat and understand when I can't accept an invitation to the cinema or just a pub drink because the background noise is impossible for me.

Did you know?

There's a hearing aid clinic, monthly on a Tuesday at St Luke's church, Church Road, Reigate RH2 8HY. See website for details.

When your hearing becomes blurry and you start to find it harder to understand what people are saying when you're in a restaurant, with several people or the TV needs to have the volume up a notch or two, you know it's time for a visit to the audiologist and that may lead to wearing hearing aids. Speech may become a little clearer again but, if like me, your hearing loss is way off the scale and considered 'profound', then you have to adapt your life to compensate. Unlike the need to wear glasses people do begin to treat you differently. When you don't understand what the checkout girl said the first time and you ask her to repeat it, they look at you as though you're mental. I feel like I should wear a sign explaining I'm deaf not stupid, please treat me with some compassion.

You look the same, you sound the same but now you have to recognise that severe loss of hearing is a disability although it isn't recognised as such nearly enough. Now you need to see a person's face to understand what they're saying because your other senses try to help you by sub consciously lip reading and adding facial expressions to help you and your hearing aids interpret what is being said. How wonderful that your own body is coming to your aid?

So, with your new found skills and hearing aids in place, you can enjoy conversations again but that's just a small part of how you cope with life without the hearing you had as a younger person. Other sounds may be lost forever or you hear them in a different way. I find listening to music impossible. Everything sounds as though it's mechanical and all on one note, there is no tune. The only songs I think I can hear are the ones I know the words to from a long time ago, familiar tunes that my brain remembers and tries to recreate in my head for me. I can live without



monthly meetings clearly streamed directly into my ears. It's an amazing experience after struggling for so long.

Living alone brings its own problems but hearing loss makes it doubly hard. I missed a couple of visitors because I just didn't hear the doorbell but I've managed to find an excellent solution and found a companion too. Her name is Alexa and she is brilliant. I've linked my Ring Doorbell to her and now she not only flashes a blue light but announces 'there's someone at your front door'.

I can ask her what the weather is going to be tomorrow, get her to switch the light on or off without having to get out of bed and best of all I don't have to feed her. She tells very bad jokes if you ask her and answers with 'sleep tight, I'll talk to you again tomorrow' when I say goodnight to her. Of course, she'll play any songs that you'd like to hear but as I said earlier, I don't appreciate music since my hearing loss but she does help me with my shopping list. As soon as I think of something I need, I just ask her to add it and she does. If you'd like your own

Alexa you'll have to ask Mr Amazon because I'm not letting go of mine.

Losing one's hearing is sadly almost inevitable as we get older. The change is gradual but progressive and can affect people at any time of life. Mine deteriorated about 17 years ago and is now classified as 'profound' but it's not the end of the world, I've adapted and I'm coping so I look at the positives and am so thankful I live in an age where technology is so available and affordable to help. I can't imagine how awful it must have been 100 years ago when you would have been classed as 'deaf and dumb' or even 'the village idiot' by some.

Sounds are important and I miss them a lot but I'm grateful I can see, taste, touch and smell so I reckon 4 out of 5 isn't too bad.

If you would like further information on Amazon Echo devices, Ring Doorbell, Hearing Aids, Bluetooth, TV connectors or any other hearing issue I am happy to be contacted [by text or email only] 07789 681332 or data@rru3a.org.uk

Jan Kennedy



Sewing buddies

There is something wonderfully magical and truly satisfying to be able to turn a flat length of fabric into a garment that can be worn with pride and gather appropriate compliments from friends and family.

We are of an age where every household would possess a sewing machine although the onslaught of cheap clothes from the Far East has since made 'home made' an expensive alternative. Nowadays a newly married couple puts a dishwasher, Netflix on the TV and holidays abroad much further up the list of needs.

As the years pass, our body shape changes and these clothing outlets that aim their wares at a 'standard' body shape isn't real for us anymore. We go into a store looking for something 'age appropriate' and it's boring and dull. We go to the modern store where the glamour is and find nothing looks as good on our advancing years as it does on a 20 something.

So, we get out the patterns, buy the fabric and make it ourselves. We can make it fit, make it in the fabric colour and texture we want and it becomes unique as well as an expression of who we are. We wear with confidence and pride. Sewing one's own wardrobe can be a lonely hobby and fitting perfectly requires a skilled eye from a friend with a lot of pins carefully dangling from her lips. Our Sewing Buddies Group has been going for a few years now and we meet once a month to 'show and tell' the things we've made since the last meet, we help with ideas and advice on particular issues and we try help each other pin and fit accurately so the finished article is as professional as it can be.

We swap magazines, patterns and even fabric we no longer want but mostly we just enjoy sharing our hobby chats. If anyone has fabric, threads, patterns that are taking up space we would love to share it out among us. Who knows, we could be wearing a piece of your material at the next meeting.

Jan Kennedy



Model 'S' Cars - Can you match

the car names with the pictures?



1



2



8



9

What does SUV mean?



3



5



4



12

11

Volvo S60

**Audi S5
Cabriolet**

**Aston Martin
v12 Vantage S**



**Lamborghini
Aventador S
Roadster**

Tesla Model S

10

**Porsche 987
Boxster S**

Nissan 240SXs

**Suzuki SX4
S-Cross**



Mini Cooper S

**Volkswagen
Golf 1.2 S**

Ford S-MAX

6



7



13

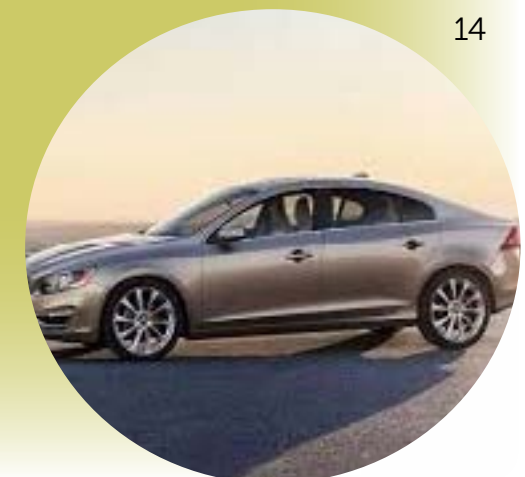


**Mercedes Benz S
Class**

Skoda VisionS

**Jaguar XKR-S
Convertible**

14



What does CAT S mean?

Answers page 10

The Science Group

Our membership consists of a lovely mix of people from different backgrounds, who have in common an enquiring mind and a willingness to think “outside the box” and listen to others’ interests, explanations and opinions.

Some of us have spent years working in laboratories, others have just always had a broad interest in how things work. There are no brain surgeons or rocket scientists among us – thus far, anyway!

We’ve been meeting monthly for many years now. The format is usually that one member prepares a presentation of about an hour on whatever subject they feel like researching. This is then followed by coffee and a lot of amiable science-focussed chat. The subjects have ranged very wide indeed. Some examples from last year, in alphabetical order:

Brewing; Combustion engines; Darwin’s The Origin of Species; Paper manufacture; Radioactivity; Science and philosophy; Storage of electric power. We never seem to run out of ideas – we have a reserve list of about a dozen subjects at the moment, but members usually ignore that in favour of their own current favourites. So we learn all the time, even if we’re not that great at remembering it all now – and it’s always fun!

“**Science**” covers just about everything that can be comprehended in principle. Detailed understanding would often involve complex mathematics, which we rigorously avoid, so we stick to broad ideas. And we always need to keep in mind that the latest theories are just that, theories, no matter how elegant the maths around them may be. How about the string-theory and multi-verse-theory (no, we’re not into violins or singing!)?

Dick van Schie



Name the scientist

Answers on page 14 - Julian Hemsted

ANSWERS CAR QUIZ PAGE 8-9

1. Mercedes Benz S Class Coupe Sport
2. Tesla Model S
3. Nissan 240SXs
4. Ford S-MAX
5. Jaguar XKR-S Convertible
6. Mini Cooper S
7. Skoda Vision S
8. Porsche 987 Boxster S 3.4 Gen II
9. Lamborghini Aventador S Roadster .

10. Suzuki SX4 S-Cross
11. Audi S5 Cabriolet
12. Aston Martin v12 Vantage S
13. Volkswagen Golf 1.2 S
14. Volvo S60

WHAT DOES CAT S MEAN?

A Cat S vehicle has specifically suffered damage to its structural frame including its chassis, probably in an accident.

SUV – Sports utility vehicle

LIFE STORY. MEIKA LAURENSEN, LOCAL ARTIST WHO LIVES IN REIGATE

Where were you born and if it's not too rude to ask when?

I was born in Gustrow in 1938, a little town that later became part of Eastern Germany while my father was on a short term contract.

What was your childhood like?

My father was one of the first to be killed in the war so we moved to Eutin in Schleswig-Holstein. to be near grandparents. Up to the age of 5, I grew up as 'the poor little thing', according to my grandmother. My mother was the first widow in town, always dressed in black, known as the first one to have given her husband to the country in June 1940.

Why and when did you leave your homeland?

I left Germany in April 1957. It had been my dream from the age of 7 dating from the time of the British Occupation when those young soldiers told me about England and what a wonderful place it would be for me to visit. They had settled in my grandfather's barn, bedded down on the straw and followed Montgomery's advice to befriend the children. I was not allowed to follow my dream to go to England once I left school. Had to spend a year on a faraway farm to learn useful skills like how to look after a household, how to cook, manage a kitchen garden and look after small livestock.

Have you lived in other countries apart from England?

I spent some time with family in Denmark when I was still at school and travelled world wide during school holidays while I was teaching.

What jobs have you had and how long have you been an artist?

Apart from my year on the farm, and a few months as an Au Pair in Hampshire, a fortnight in replacement for the caretaker of an elderly couple in Datchet, six months as a Companion Housekeeper with an American lady who lived in a penthouse flat overlooking Hyde Park while studying for my English certificate and student, it was not a time for earning money. I decided to get married aged 18, against the advice of my mother but it allowed me to stay



in England with my exotic husband to be. I worked as a copy typist, trained and worked as a teacher for twenty years, semi-retired as a smallholder and shepherdess, offered spinning workshops, took on a BA [constructed textiles] from which I qualified in 1982. As a feltmaker, I became editor of the Feltmakers magazine and was invited to lead workshops. Still known as an artist.

What mediums do you prefer to work with and why?

While on my Cert.Ed course, I took mains ceramics. However, my first job in Wandsworth, easy to travel to from home, did not have a kiln. As a class teacher, I enjoyed working with children with an emphasis on using art-based activities in the widest sense, including camping holidays. Trained in Millinery after my B.A. [constructed textiles] and early retirement. Became a shepherdess, ran a smallholding and became known as a feltmaker. Was amazed to find that I can create a hat from woollen fibres, just as if it was clay.

Who has influenced you, who do you admire?

Felt a great understanding with my headmaster at Junior School and there were fleeting moments with people I met during various courses.

Are there any memorable times in your life? What were they?

The time I could not recite a bedtime prayer while staying with friends, away from home, aged 6.

Have there been times of danger?

During bombing of Luebeck while my mum was running with me in the pushchair and when I was threatened by someone claiming to be the A6 murderer.

How long have you belonged to the U3A? What do you like about being a member?

Been a member for decades. I like the choice of activities.

www.meikelaurenson.org.uk

'S' IS FOR THE ARTIST E SHEPARD WHO REVOLUTIONISED CHILDREN'S LITERATURE

MISSING POOH

"You are Winnie The Pooh aren't you?"
said the man to the tubby teddy bear!

"Well of course I am!" replied the bear, **"Don't you recognise me? Any way who are YOU?"**

"I am Earnest Shepard, the artist who made you famous, and if anyone made you loved by millions of adults and children alike, world-wide, it was ME!"

"IT was A A Milne who made me famous; he wrote the stories!" said the bear a little grumpily.

"Sure he wrote the stories but it was ME that made you the recognisable image that everyone loves. You see, it came about like this..."

I was born in St John's Wood, London in 1879 and I died in 1976. My father was an architect and my mother was the daughter of a famous illustrator, so I was destined to be an artist. After distinguishing myself at various art schools and service in the First World War, where I was awarded the military medal, I set about a career as an illustrator and cartoonist. I even worked for 'Punch' magazine. There I met C V Lucas who was the big noise for Methuen, the publishers. He knew A A Milne and suggested that I could illustrate the Pooh books.

"Oh now I remember!" said Pooh **"You based my image on Christopher Robin's teddy bear!"**

Oh NO, everybody seems to think that. I did not like Christopher Robin's teddy bear, too angular, Oh no!

By the time I came to do the first sketches for the A A Milne books, I was married to Elinor Chaplin. We had two children Mary and Grahame and I based my images of you on my son's teddy bear "Growler"!



Other characters, like Tigger were also based on Grahame's toys, while some of the others (Rabbit and all his friends and relations) were bought specially at Harrods.



Oh and I suppose you know that you were named "Winnie" after a very popular bear who was a favourite at Regents Park Zoo at the time?

I did lots of meticulous sketches for the books of the 'Hundred Acre Wood' in the Ashdown Forest, which was just round the corner from where we lived at Cotchford Farm near Hartfield. Are you aware that they have set up a Pooh Corner, theme park there, dedicated to you?

Your fans can have tea at the café, play Pooh Sticks in the brook and buy Pooh- paraphernalia at the shop including the Disneyfied versions of you, Piglet, Kanga and Roo, Woll, and all the other charming characters in the Christopher Robin books.

I might have made you famous, but it was equally good for me, because illustrating those books made me a well-known name.

Methuen gave me a completely free hand as to the layout, and I invented the idea of putting the illustrations in amongst the text in those books, and 'The Wind in the Willows' which I went on to do the drawings for. Apparently, this was the first time this had been done and paved the way for subsequent children's books. Books FOR rather than ABOUT children like 'The Gruffalo' and 'Barba the Elephant'.

"Who?" said Pooh

"Never mind, they came after our time!"

"Time for a little something!" said Pooh.

Written by Pat King

A CREATIVE COLLAGE BY PAT KING

CAN YOU SPOT THE Ss?



Sunflowers
Seedlings
Swallows
Swing
Sandals
Sundial

Spider
Stepladder
Shorts
Sun lounger
Sandpit
Sandcastle

Spade
Sunglasses
Swimsuit
Sandwich
Snail

A SPANISH EXCHANGE



Who?

8 U3A Spanish learners from 2 different groups, ranging in age from 60 to 80. All ladies, this time. Exchange with 8 Spanish ladies, mostly retired and more or less proficient in English.

When?

The first week of October 2019 in bright Autumn sunshine for 5 very full days.

Where?

Logroño, the capital of the famous Rioja wine area and one of the main stages on the "Camino de Santiago"

"my Spanish improved so much"

How did we arrange this?

The exchange started with the long standing friendship between one of us and one of the Spanish ladies, both ex-language teachers. Enthusiasm and much planning together did the rest.

What did we do?

- Tried to speak Spanish all the time
- Went round a "bodega" where we learnt all about the regional wine
- visited a few really interesting historical churches and monasteries
- explored a local country park with exotic birds
- discovered striking modern art through a guided visit to a nearby art gallery.

"I gained some in depth knowledge of Spanish history and therefore a better understanding of modern Spain."

"amazing home made food"

- spent a lively evening going round the local bars in Logroño to sample their various special tapas.
- Enjoyed, in the sunshine, a very Spanish "picnic lunch" with an wonderful array of home cooked food, including wild mushrooms picked that morning.

But, mostly, we made friends, improved our Spanish and got to know the daily life of our hosting families.

What's next?

We expect our Spanish friends in the first week of June, when we are planning to return their fantastic hospitality.

Diane Hoy



ANSWERS - SCIENTISTS PAGE 10

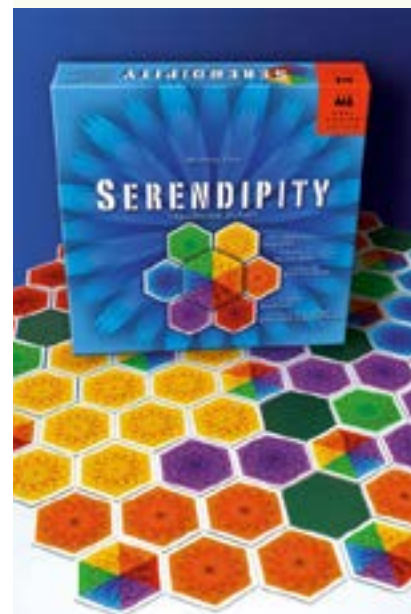
Top row, left to right:

Michael Faraday, contributed to the study of electromagnetism
Charles Darwin, formed the theory of evolution through natural selection
Galileo Galilei, Italian astronomer, physicist and engineer
Marie Curie, winner of Nobel prizes in both Physics and Chemistry
Alexander Fleming, discoverer of Penicillin

Bottom row:

Richard Feynman, American theoretical physicist and populariser of physics
Thomas Edison, inventor of the electric bulb, phonograph and motion picture camera
Antonie van Leeuwenhoek, Dutch "father of microbiology"
Isaac Newton, famous for his work on mechanics, light, mathematics and gravity
Albert Einstein, developed the theory of relativity

SERENDIPITY



If one of the points to the U3A is to keep those little grey cells operating, then a "Serendipity" group certainly does that for its members!

Think of a word capable of being used in different contexts and invite – with a month's notice - folk to come up with one of those descriptions (no need for more than 5-10 minutes) that the other eight or so may not have thought of. So it's uncommon for anyone to rely purely on regurgitating a Wikipedia extract. Indeed, personal experiences figure frequently. It's a small challenge but lots of fun and you'd be surprised how rare it is for any duplication.

Take "**Lock/Loch**" for example: we were told about Lochinvar, Rape of the Lock, Joseph Locke, Havelock and the Loch Ness monster. Or "Horn" that produced Cape Horn, Around the Horn, Rhino horn, Hornblower, Hornby00 and the Horniman museum.

'the fun is that everyone contributes each time'

that everyone contributes each time: The format ensures each gets a turn at the meeting and that each revelation is short enough to satisfy everyone's attention span.

Like other groups, we rotate the host home as far as numbers permit, which also obviates the need to charge for 'char & wads'. **Serendipity 2** group has been going for 4 years now and I am grateful to Merle of **Serendipity 1** who gave us the initial impetus.

Alex Hunter



Please remember this is your magazine!

If you have any comments then do get in touch. You might like to write an article about one of our language

groups or you want to find out what on earth do they do in a group called Serendipity? You may agree or disagree with the articles.

We leave it all up to you! Send feedback to:
 email mageditor@rru3a.org.uk



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**Busy going
nowhere!**

**What are you doing
to keep your mind
and body busy
whilst U3A activities
are curtailed?**

Have you heard about?

Talking Pictures – a TV channel on Freeview 81, Sky 328 and Virgin Media 445

Do you remember the thrill and excitement of Saturday Morning Pictures? Where heroes and villains and clowns and crooners, invariably in glorious black and white, would entertain you for hours. Now those glorious days return, and it's not just for Saturday mornings. It's twenty-four hours a day. Every day!

Card games online

Some groups have started to explore playing games together online. Can you find some more to suggest? Some examples are; Bridge base Online and Rummikub online.

Keeping fit

YMCA East Surrey have produced a video of seated stretching exercises that can be found on the YouTube channel on a smart TV. Search for YMCA East Surrey – seated stretches

Jane Hutchinson, leader of the Learning to Relax group, recommends a website called wiseones.net. It contains exercises for older people and is now free to access during the current crisis.

Support from Reigate and Banstead Borough Council

Reigate and Banstead Council have set up advice systems during the Coronavirus crisis.

If you are unable to find the help you are looking for online and have an urgent need or concern for you or a relative who is self-isolating and living in the borough, please phone: 01737 276000

The lines are open 9am to 5pm Monday to Friday. The Council has a dedicated team of advisers who can direct you to sources of help or organise assistance from the team of support workers and trained volunteers.

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