



GILWERN U3A NEWSLETTER

“UNSOCIAL TIMES”

Issue 1 on 1 April 2020



Dear Members

What a strange and rather frightening situation we find ourselves in. We hope you are keeping well and active during this extended period of 'self isolation'. We are having to learn a completely new community language.

If there are any members who are concerned for their well being and do not, or have not yet, arranged support, then get in touch with us. The details are provided below. We are all in the same boat as regards being part of the 'vulnerable' population but we do have links to organisations that can provide help if requested.

On a brighter note, we want to find a way of keeping in touch with our members and decided that a fortnightly newsletter, linked to our web site (www.gilwernu3a.org.uk), would be the best way. Its success will depend a) on your response and whether you enjoy receiving it, and b) on you sending in enough material to keep it interesting and relevant.

It is hoped it can be kept fresh and topical, stretch our minds and bodies and provide some lighthearted relief where possible. You never know, we may all learn something new too? So a very warm welcome to the first edition of the Newsletter.

Hilary Lipscombe (Chair)
Gilwern U3A

Membership Holiday for all!

Naturally, Gilwern U3A has postponed all events and activities for the foreseeable future. The members of the Executive Committee have decided on a Membership Holiday until there is a change in circumstances that allows us to reconvene. When that happens we anticipate that the membership fee will be significantly reduced to allow for the time lost in the year.

Housebound Hugs No 1 by Kay

Well, we're all in the same boat – housebound and self isolating - no art, no bridge, no garden visits etc, and no monthly meetings and no coffee mornings.

And watching TV or listening to the radio doesn't help, because they keep on about that sinister sounding group COBRA.

'The Prime Minister chaired a meeting of COBRA'

'The First Minister travelled to London to a meeting of COBRA'

The name alone conjures up a room full of men in uniforms, the sort of people that James Bond came up against when he was dealing with SMERSH. But actually, let's get rid of any misconceptions. COBRA stands for something quite simple and innocuous – Cabinet Office Briefing Room A. There, that doesn't sound so threatening now, does it? So every time you hear about a COBRA meeting, picture a table strewn with documents, used coffee and tea cups and it will become like something we've all had dealings with.

And while you're all hoping your stock of toilet rolls will last, have a look at this which has been amusing folk on social media this week:

(See page 3 for Kay's picture of a funny comment on the back door of a builder's van.)

Everyone seems to want toilet rolls urgently! There are various sorts ranging from near newspaper to the softest and daintiest!

Web sites that may be of interest:

Family history – Linda's recommendations.
Amateur Family History Podcast (UK)
On-line family history courses
www.pharostutors.com
Write your life story?

Excs video recommended by Gilwern Tai Chi instructor Dek Leverton:

<https://www.youtube.com/watch?v=ZysxOFCqacl>
seated version.

https://www.youtube.com/watch?time_continue=5&v=aAwBJ9MO91I&feature=emb_logo
standing version.

TED Talks – learn something new – simple!
<https://www.ted.com/talks>

To cheer me up! by Harriet

I am conservative when it comes to earrings. Having my ears pierced more than 50 years ago felt daring. Army wifedom and Probation work in the courts didn't encourage frivolity – discrete studs or the tiniest dangle prevailed.



However, since I lost the tips of forefinger and thumb on my right hand to sepsis, dangly affairs on hooks are easiest to put in and a kind daughter has equipped me with a lovely collection from

Provençal markets. I still wore them sparingly - afraid of being dressed mutton, but now with no one to see me except my other half and my lovely, facetimeing daughters, I am going to wear the prettiest, dangly earrings every day.

The Chair found a puzzle

Replace the '?'

There are at least 20 children in Fred's class. 19 of them learn German and 4 learn French. 8 of them play football, 12 play hockey and 4 play squash. Fred lives at number 18 Bunyard Street in a house with a red front door. It takes Fred ? hours to mow a 1 acre field. Answer will be in issue No 2.

Which of the following words is the one out?
CHAT, COMMENT, DIRE, ELF, FORT, MANGER, PAIN, POUR. Answer will be hidden in the next Newsletter.

Keep an eye on the News page:
<http://www.gilwernu3a.org.uk/news.html>

Help from local businesses

Local Businesses that we have been told are offering

NO! Keep two metres apart, and not in a group like in this photograph taken last year!



What can you do?

Please consider sending in material – electronically if possible. Keep it short to about 100 to 200 words. A relevant photo would always be considered.

Any other road blocks around?



Here is one that has in recent weeks become increasingly strong and forbidding, now having heavy concrete blocks. It leads up to the Bailey Bridge across the River Usk between Gilwern and Glangrwyney.

Do you know:

1. How long the 100 Years War lasted?
2. Which country makes Panama hats?
3. From which animal do we get cat gut?
4. In which month do Russians celebrate the October Revolution?
5. What is a camel's hair brush made of?
6. What was King George VI's first name?
7. What colour is a purple finch?
8. Where are Chinese gooseberries from?

Answers in Issue No 2

delivery/takeaway services etc. We would not normally advertise and are not promoting one business over another but these are exceptional times and we hope the information is useful for you. Those we have been told of:

Gilwern

Gilwern Garage & Spar - 01873 268020

can take orders and payments over the phone for pick up

Gilwern Pharmacy – 01873 830647

can take orders and payments over the phone for pick up

Broomfields Butchers, Gilwern HighStreet – 01873 268686

delivery and allocated shop time for elderly

Powell and Powell Furniture, Maesygartha – 07969 670725

Fully bespoke furniture but now also offering diy jobs and garden work

Crickhowell

Bookish, Crickhowell – 01873 811256

delivery and takeaway of hot food. On line book store with deliveries to your home.

Cashells, Crickhowell – 01873 810405

will deliver and pick up from Askew Bakery, Grenfells and other stores in Crickhowell

O'Donnell's Bakehouse, Crickhowell - 01873 268010

Delivery of baked goods including Gilwern

Vamos Restaurant, Crickhowell – 07488 283800

free delivery from Abergavenny to Abertillery

Abergavenny

Cwtch Angels via Annie Hartwright, Abergavenny - 07983425560

Running a service offering shopping, prescription delivery.

Mockingbird, Abergavenny – 01873 268698

can post out gifts for any occasion to recipient

Wendys cafe – 01873 854000

full takeaway menu available, deliveries being looked into. Free hot drink with any meal purchased by NHS staff.

Wool Croft, Abergavenny - 851551

free postage on all orders more than £25

Pippas Pantry – Baked with Love, Abergavenny –

07758 130083 Home cooking and caked delivered.

Abergavenny Garden Centre 01873 853839

COVID19

The advice for anyone in any setting is to follow these main guidelines.

1. The most common symptoms of coronavirus (COVID-19) are recent onset of a new continuous cough and/or high temperature. If you have these symptoms, however mild, stay at home and do not leave your house for 7 days from when your symptoms started. You do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, you should call NHS 111. For a medical emergency dial 999.
2. Wash your hands more often than usual, for 20 seconds using soap and hot water, particularly after coughing, sneezing and blowing your nose, or after being in public areas where other people are doing so. Use hand sanitiser if that's all you have access to.
3. To reduce the spread of germs when you cough or sneeze, cover your mouth and nose with a tissue, or your sleeve (not your hands) if you don't have a tissue, and throw the tissue in a bin immediately. Then wash your hands or use a hand sanitising gel.
4. Clean and disinfect regularly touched objects and surfaces using your regular cleaning products to reduce the risk of passing the infection on to other people

More of the recent news can be found on:

<https://www.walesonline.co.uk/news/uk-news/coronavirus-map-wales-uk-covid19-17969655>

Here is a picture sent in by Kay showing a message written on the back door of a builder's van.

