

Update on Covid-19 guidance

To All Southport u3a members.

Following the Government and NHS announcement that England will be going into lockdown from Thursday 5th November for four weeks, we wanted to send out an update to say all U3A face to face activity in England should cease over this period in line with the guidance.

Further guidance for Wales, Northern Ireland and Scotland will be coming soon and we will keep you updated. Please do check regularly on the national website to keep up to date with any changes. See the [latest Government guidance](#) and [NHS guidance](#).

Peace

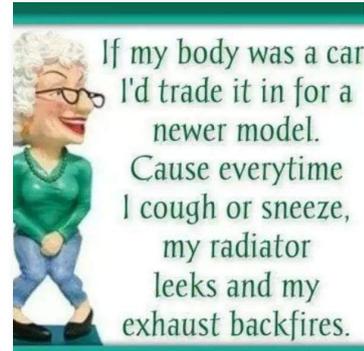
Golden Angels sequenced in the air.
Creating peace and love for humanity everywhere.
New transcripts of freedom written to still a heart.
Every heart signal living peace will.
Step into the arena stepping this way.
Living your life in peace that will stay.
Peace.
Golden Angels level the field.
Giving light to our journeys, give light to our need.
Give light to a hero, calling his name.
Take away regret, and take away blame.
Signatures left with love falling light.
Angel wings feathers for your hearts insight.

Lyn Jones

Jamaican Brown Stew



If you fancy something to take away the sting of the oncoming Winter, how about this mouth watering and warming recipe. Click [HERE](#) to read it.



The Eagle And Child

After enjoying a meal at the Eagle and Child in Bispham, U3A member Joe Forshaw decided to research the history of the pub and found the following records, which date back to Henry VIII and are written in Ye Olde Englysh.

Legend of the Eagle and Child.
(or the Fause Fable of the Lord Latham).

Prologue.

Henry V111 sat heavily on his throne whilst battles raged throughout his land

A fayned Tale

Warre was twyx the yngleshmen and the yrychmen.
The queyn beyng pregaunt and grosse wh chyd toke hur flight in to the wyldernes. bringing forth ij chylders the oone a sonn the other a doghter.

The sonn takyn & borne away wt an egle and brought into lancashyre into Lathum parke, wher the which lord Latham hard the childe lamente & crye.

And wher as booth he and hys wyf beyng in farre age and she past consevyng of child & rekenyng yt gode send thys chylde by miracle condescendyd to make thys chylde theyr ayre and so dyd.

At length this lord latham and hys wife diseased

And this yong man which was named Oskell reyned.



Thoughts From The Chair

Welcome to Lockdown 2, The Second Wave, appearing near you, accompanied by a large dose of anxiety.

This anxiety is underlined by The Lexicon of Pestilence.

March - Wash Your Hands / Don't bother with a mask / Lockdown

April - The "R" rate / You Should wear a mask

August - Eat out to Help Out

September- If possible, go back to work/ You Must wear a mask/Restart U3A activities/ Hands, Face, Space

October - We break down in Tiers / Free School Meals "Eat Nowt to Help Out"/ Suspend U3A activities

November – Lockdown/ If possible stay at home /Give filthy looks to those without a mask/

Finally - Buy all the toilet roll, lock your door and grass up your neighbours.

Bearing in mind our heightened level of anxiety, there are ways to alleviate it. Thanks to a damp August and sunny September Autumn happens to be putting on a particularly extended show this year.

For those lucky enough to have a garden, raking is now a seasonal task and ritual, the rich scent of rain on fallen leaves a small pleasure to be savoured and to plant tulip and daffodil bulbs are small acts of optimism and expectation of

brighter times ahead.

A walk, whether urban or rural, dodging the showers, serves to clear the head and if it involves kicking through crisp brown leaves, so much the better.

Small seasonal pleasures cannot be much of a consolation for those who are sick or worried for their loved ones but the fading beauty of autumn provides some consolation and a late rose is there to be savoured.

Stay safe and take care of each other.

Neil Mc Millan
Chair Southport U3A



U3A Bridge



The beginners Bridge Zoom group is now full. Sorry if you missed out, if you are still interested let us know, especially if you would like to start a second group yourself..

Trick Shots

I don't really care if these are fake, they are fun to watch. Click [HERE](#) to watch an entertaining video of ordinary people doing extraordinary things.

Plant Of The Month

Osmanthus Burkwoodii

This is an easy to grow, dense evergreen shrub with a rounded growth habit.



From mid-spring, clusters of small, highly scented white flowers are produced which are attractive to bees and provide early nectar. Bonus for you: beautiful spring fragrance.

Francine Sagar

Can't Beat A Good 1-Liner!

An invisible man married an invisible woman.
The kids were nothing to look at either.

I didn't think the chiropractor would improve my posture.
But I stand corrected.

I took my new girlfriend out on our first date to the ice rink, and entry was half price.
She called me a cheap skate.

Studies show cows produce more milk when the farmer talks to them.
It's a case of in one ear and out the udder.

I used to date a girl with one leg who worked at a brewery.
She was in charge of the hops.

My cross-eyed wife and I just got a divorce.
I found out she was seeing someone on the side.

My wife claims I'm the cheapest person she's ever met.
I'm not buying it.

Did you know that a raven has 17 rigid feathers called pinions, while a crow only has 16.
The difference between a raven and a crow is just a matter of a pinion.

I told my carpenter I didn't want carpeted steps.
He gave me a blank stair.

What did the surgeon say to the patient who insisted on closing up his own incision?
Suture self.





Where In The UK Am I?

Answers on next page



1



2



3



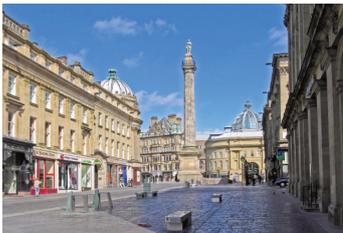
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8



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The 50's - US Style

The media may be focused on the US election at the moment, but here is a video looking fondly at an earlier and (maybe) more innocent time. Click [HERE](#) to watch it.

Comedy Time

If watching a video about Baby Boomers doesn't do it for you, here is a full length film from the Two Ronnies. Click [HERE](#) to watch it.

Plate Tectonics

Tragedy struck the Aegean this week, not for the first time. Click [HERE](#) to read the geological reasons behind the earthquake.

The Final Stop

Did you know that London used to have a station at which the only passengers departing were already departed? Click [HERE](#) to read the article.

Friday 6th November 2020

Brighton & Hove Albion v Burnley
17:30 - Sky Sports Box Office

Southampton v Newcastle United
20:00 - Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD

Saturday 7th November 2020

Everton v Man Utd
12:30 - BT Sport 1 / BT Sport Ultimate

Crystal Palace v Leeds United
15:00 - BT Sport Box Office

Chelsea v Sheffield United
17:30 - Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD

West Ham v Fulham
20:00 - BT Sport Box Office

Sunday 8th November 2020

West Brom v Tottenham Hotspur
12:00 - Sky Sports Box Office

Leicester City v Wolves
14:00 - Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD

Man City v Liverpool
16:30 - Sky Sports Main Event / Sky Sports Premier League / Sky Sports Ultra HD

Arsenal v Aston Villa
19:15 - Sky Sports Box Office

Picture Quiz Answers

- 1 – Bibury, The Cotswolds
- 2 – St Andrews
- 3 – Abbey Road, London
- 4 – The Shambles, York
- 5 – The Circus, Bath
- 6 – Rye, East Sussex
- 7 – Grey Street, Newcastle
- 8 – Regents Street, London
- 9 – Steep Hill, Lincoln



Back in the days of tanners and bobs,
When Mothers had patience and Fathers had jobs.
When football team families wore hand me down shoes,
And T.V gave only two channels to choose.

Back in the days of three penny bits,
when schools employed nurses to search for your nits.
When snowballs were harmless; ice slides were permitted
and all of your jumpers were warm and hand knitted.

Back in the days of hot ginger beers,
when children remained so for more than six years.
When children respected what older folks said,
and pot was a thing you kept under your bed.

Back in the days of Listen with Mother,
when neighbours were friendly and talked to each other.
When cars were so rare you could play in the street.
When Doctors made house calls and Police walked the beat.

Back in the days of Milligan's Goons,
when butter was butter and songs all had tunes.
It was dumplings for dinner and trifle for tea,
and your annual break was a day by the sea.

Back in the days of Dixon's Dock Green,
Crackerjack pens and Lyons ice cream.
When children could freely wear National Health glasses,
and teachers all stood at the FRONT of their classes.

Back in the days of rocking and reeling,
when mobiles were things that you hung from the ceiling.
When woodwork and pottery got taught in schools,
and everyone dreamed of a win on the pools.

Back in the days when I was a lad,
I can't help but smile for the fun that I had.
Hopscotch and roller skates; snowballs to lob.
Back in the days of tanners and bobs.

Shop Local

Local company, Happy Plants, has teamed up with some local businesses to offer a drive-thru service for Christmas. Call 01704 828732 for details and ordering.