



Extra Bulletin 3

Thank you to everyone who messaged to say they are enjoying these extra bulletins.

We can keep publishing but PLEASE, PLEASE keep sending content for us to include.

Thank you to Sue Bennett, Chris Haigh-Smith, Trisha Westlake, Mary Moss, June Burkitt, Sue Bennett, Anne-Marie Medhurst, Maureen Reeves and Terry Chatman for much of what you will read below. Thank you to the Bee watchers and the Painting and Drawing group for sharing ways in which they are using technology to keep the group going at this time. Please send in your group news too.

One members says that they are following the idea of threesthree aims each day such as a walk, something domestic say a tidy drawer and something to make their brain work like some puzzles. At the end of the day they are reflecting on 3 wins, 3 things to be grateful for and three goals met. It is working for themand you might like to try something similar.

Yoga

Yoga Tess (a Yoga teacher who offers classes in Istead Rise) has launched a complimentary Sunday Stretch Class.

Visit www.yogatess.com/classes to sign up.

Sudoku

A number of members have recently rediscovered Sudoku and say they are finding it both challenging and fun. One set of the puzzles are attached to this bulletin but if you would like to find more then please visit one of these sites.

<https://www.theguardian.com/lifeandstyle/series/sudoku>

<https://www.websudoku.com/?level=3>

<http://www.dailysudoku.co.uk/sudoku/archive>

ART MOOCS

Visit this site for a choice of art based MOOCS.

<https://www.artsy.net/article/artsy-editorial-10-university-art-classes-free-online>

Litter!

Looking to the future

I walk and ride my bike around Gravesham and have despaired at every piece of litter I have seen. I was forever moaning about litter so decided to try and do something about it. Keep Britain Tidy was looking for Litter Heroes across the country. I applied and became an ambassador for KBT in Gravesham. I liaise with Gravesham council and have organised group litter picks over the last few years. This resulted in being able to choose where I wanted 2 new litter bins to be placed! I was sent a pack of goodies including a KBT hoodie, litter picker, bags, hoops, protective gloves etc. I was one of many KBT ambassadors invited to the House of Commons last year to celebrate the success of the 2019 spring clean. If you are interested in becoming an ambassador do look at the website www.keepbritaintidy.org under Litter Heroes.

KBT have obviously had to cancel their 2020 Great British Spring Clean but they have published new dates of **September 11th to September 27th.**

The advice from KBT is that you should not litter pick at this time as coronavirus can remain on some items for up to 3 days.

I litter pick in my local area every time I go out for a walk. When life gets back to normal here are some simple tips on how you could make a difference.

1. The bread bag challenge - an empty bread bag holds a fair amount of litter. It also goes quite easily into a litter bin.
2. Always use a protective glove (a garden glove is good) or a sturdy plastic bag over your hand.
3. Note where your nearest litter bin is and use it.
4. Never pick up needles, glass or anything you are not sure about.
5. Be aware of traffic.
6. Buy a litter picker it's easier and safer, there are plenty on line.
7. Borrow litter picking equipment from Gravesham BC email kirsty.gaunt@gravesham.gov.uk

Gravesham BC spend over £1 million a year on street cleaning. This spring they launched a scheme for residents to sign up to keep their roads litter free. Do have a look at the Gravesham Borough Council Website www.gravesham.gov.uk .It is very helpful, there are online forms to request a litter pick, report fly tipping and upload photos and how to be part of Keep Gravesham Clean.

I know not all Meopham U3A members live in Gravesham but your local council will have information on their websites.

Good luck!

KEEPING FIT AND ACTIVE

Some more recommendation for keeping fit resources from members.

On Netflix: Walk a Mile in 20 minutes with Jane Fonda (remember her!)

YouTube: Walk a Mile with Leslie Sansone.

YouTube: Over Fifties Workout with Jenny McClendon.

YouTube: Joe Wicks (2 million children and their mums can all be wrong?)

TAKE IT SLOWLY AND BE CAREFUL IF YOU ARE NOT USED TO THIS SORT OF EXERCISE.

HOW ONE GROUP ARE USING TECHNOLOGY

The painting and drawing group have been using What's App. They started to use it last year when some of them started painting outside but because our weather is inconsistent they needed a way to contact each other if the session was cancelled.

This WhatsApp group has proved to be a real Godsend during these difficult times as it has enabled us to continue to associate with each other and keep each other cheerful. They use the App for showing each other the paintings they have produced outside the group meetings, offering constructive praise and a bit of friendly leg pulling too.

Now they are using Whats App to show their works to each other and set each other challenges. At their last "meeting" they 'painted along' to a Youtube video then posted our own interpretation of the work for comparison.

They are a very friendly bunch and would like to invite anyone else out there who would like to join in with some artwork to get in touch. Visit the MU3A website and use the blue bird to register your interest on the Painting and Drawing page. They want you to know that they are a group of mixed abilities but they all had to start somewhere!

.....AND ANOTHER

The Bee Watch Groups have been spotting bees in their gardens and while they are out on their exercise walks and sharing the data via a WhatsApp group. So far they have seen some Buff Tail and White Tail Queens and a Bombus Hypnorum (Tree Bumblebee).

They haven't managed to get any pictures yet but will try to provide some for future updates. Maybe we can then all join in?

HAVE YOU SPOTTED THIS?

OUR 'BUG HOTEL':

Theresa Seeley, one of our Bee Watch Group Members and Chair of Meopham Allotments Group, wrote to tell us that :

'We have today created our first bug hotel at the site. We hope to create another one when restrictions are lifted and we can get some more pallets. In front and around the hotel are a selection of plants such as cornflowers, poppies and plantain plus the usual nettles and dandelions and many I don't know the names of. We planted some Mullein (Verbascum). I have written to everyone and asked if they have any cuttings of bee friendly plants to put there as well for all year bee food.

If you daily walk takes you across the allotments you may have seen the hotel.



The Change Curve

This is a little like the stages of grief that you may be familiar with but is more relevant to our current situation. It is offered as a reassurance that whatever you are feeling now..it is ok and all perfectly understandable. Be especially vigilant of stage 5 and have some coping strategies in place. There are plenty of ideas in these bulletins or you might like to suggest some of your own that can be shared.

Stage 1. Shock: "Oh my, could this really be happening?"

Stage 2. Denial: "I'm sure it'll be fine and it won't affect me much anyway."

Stage 3. Anger and Blame: "How can others be so selfish and not comply? How dare they stockpile?"

Stage 4. Bargaining and Self Blame: "I must take action and then the situation will be back under control."

Stage 5. Depression and Confusion: "This is real now and I am finding it very uncomfortable. It's making me stressed and unhappy. I want my life to be like it was."

Stage 6. Acceptance: "Ok. I have now understood the new reality and intend to make peace with it."

Stage 7. Problem Solving: "I am feeling positive, energised and hopeful and can look to the future."

MISSING THE BIG OUTDOORS?

Chris Packham has formed a Facebook interactive group with a live feed each morning at 9am.

This example includes his daughter in law talking about badger skulls. For those of you missing the big outdoors, it might be soothing as well as informative.

<https://www.facebook.com/ChrisGPackham/videos/631673271019847/>

The Great British Garden Show

GBGS have created a virtual garden show to celebrate gardeners across the UK. They will be holding competitions, sharing pictures of your garden, offering hints and tips and helping us all feel more positive whilst we are restricted.

Visit www.thegreatbritishgardenshow.com to find out more.

DESPERATELY SEEKING TECHNOLOGY

This is a link to an interesting Guardian article about the best tablets to get yourself Video Calling - it's done from a point of view of what to buy 'granny' but hey why not empower 'granny' (and grandpa) and anyone else out there who wants to get into video calling.

<https://www.theguardian.com/technology/askjack/2020/mar/26/what-is-the-best-tablet-for-video-calling-grandma?>

WEBSITES OFFERING VIRTUAL TOURS

Plan some future trips or revisit old favourites, all recommended by your fellow members.

Art galleries

The V and A at www.vam.ac.uk/collections

The National Gallery at www.nationalgallery.org.uk/visiting/visualisations

The Tate at www.artsandculture.google.com/partner/tate-britain

Museums

British Museum at www.artsandculture.google.com/partner/the-british-museum

Properties and Gardens

Buckingham Palace and others www.royal.uk/virtual-tours

National Trust at www.nationaltrust.org.uk and select the property you want to see

Animals

www.edinburghzoo.org.uk/webcams

www.marwell.org.uk

www.aspinallfoundation.org/port-lympne/ for tigers having their tea

www.salisburycathedral.org.uk for nesting peregrine falcons

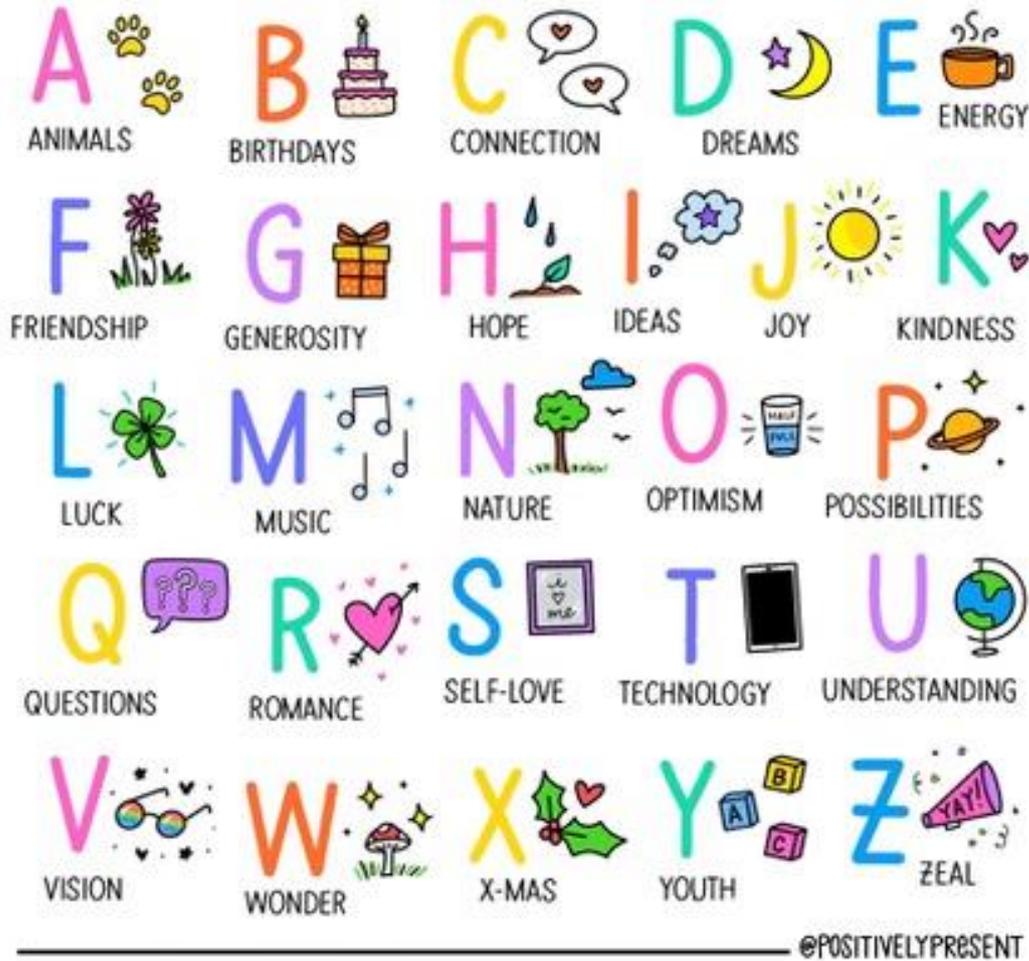
Kew Gardens

Kew is closed but has a number of ideas as to how we can bring nature into our lives over the next few weeks. See info@enews.kew.org for more ideas

Stand outside and try this short de-stressing technique to connect with your natural surroundings. Take a deep breath, exhale slowly and relax as you focus on:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste.

THINGS to be THANKFUL for



BBC Radio Kent have a regular Make a Difference slot for sharing help and information from organisations and individuals in your local area.



NEWS FROM LOCAL CHURCHES

Many Churches are also posting services online. If you visit <http://stjohnsmeopham.co.uk/> you can see what is available from our parish church.

Here is the link for something slightly different, a prayer for the day from Emmanuel Baptist Church, Gravesend which you may also appreciate <https://www.facebook.com/ebcgravesend/>

It is posted before 9a.m. daily from Monday to Friday. Scroll down the Facebook page and you will find the most recent one.

BOOK YOUR SEAT IN THE FRONT ROW

The National Theatre has launched a 'streaming Thursday' season of many of the productions from its archives. These will be available for free on its YouTube channel. A new play will be premiered at 7pm each Thursday evening and will be available for viewing for the following week.

The first play is the smash hit *One Man, Two Guvnors*, starring James Corden and all the rest of the original cast. Other planned showings will include *Jane Eyre*, *Treasure Island*, and *Twelfth Night*.

Leading Ladies quiz answers

Here is a list of well-known films with the leading man shown.

The idea is to identify the leading lady that appeared in each film.

Film buffs may like to suggest the year the film was released as well?

- | | | |
|--------------------------|---------------------------------|------|
| 1. Gone with the Wind | Clark Gable / Vivien Leigh | 1939 |
| 2. Casablanca | Humphrey Bogart/ Ingrid Bergman | 1943 |
| 3. On the Waterfront | Marlon Brando/ Eva Marie Saint | 1954 |
| 4. Rebecca | Laurence Olivier/ Joan Fontaine | 1940 |
| 5. Camille | Robert Taylor/ Greta Garbo | 1937 |
| 6. The Blue Angel | Emil Jannings/ Marlene Dietrich | 1930 |
| 7. Rose Marie | Nelson Eddy/Janette Mac Donald | 1936 |
| 8. Cat on a Hot Tin Roof | Paul Newman/ Elizabeth Taylor | 1958 |
| 9. Love Story | Ryan O'Neill/ Ali MacGraw | 1970 |
| 10. Top Hat | Fred Astaire/ Ginger Rogers | 1936 |