

Dear Members,

I was delighted to receive so many responses to Newsletter No12 last week and to be able to send a prize to Michael Broadey as the first correct winner of the film titles quiz. I am setting out the answers at the end of this newsletter

One of the responses I received was from Lesley Lewis. She has sent me two lovely poems about her experience of COVID-19, the first of which I am sharing with you here:-

### **Lazy, Lazy, Lockdown Life**

*Having so much free time for Leisure  
Has enabled me to discover new pleasures,  
Bridge with Bernard, Yoga with Adriene, Zumba with Jackie, Keep Fit with Joe Wicks,  
Are all very important weekly picks*

*Daily rides upon my bike  
Discovering interesting new hikes,  
Hot, sunny days for swimming in the sea,  
All Nature's gifts are for free.*

*Enjoying the garden's flowers, bees and birds,  
Their songs the sweetest sound you've ever heard.  
Walking through the Bluebell Wood,  
Watching rabbits frolic, just where you stood,  
Children playing in the waves,  
Lazy, lazy Lockdown Days!*

*A friendly Robin built its nest,  
Four baby birds did there rest,  
Against the wall, in an old pushchair,  
We fixed a camera so we could stare.*

*Knitting Grandchildren cardies, socks and hats,  
Greeting friends with daily chats,  
Reading Bedtime stories online,  
Have been the greatest gifts of Time!*

Thank you so much Lesley. Poem No. 2 is in the can for inclusion at a future newsletter.

During the week I was sent an email headed "**Exercise for the Over 60's**" and, as I do very little exercise other than going up and down the stairs when I have forgotten what I went up for in the first place, I thought I would have a go as below -.

***Begin by standing on a comfortable surface, where you have plenty of room at each side.***

***With a 5lb potato bag in each hand, extend your arms straight out from your sides and hold them there for as long as you can. Try to reach a full minute then relax.***

***Each day you will find you can hold this position a bit longer. After a couple of weeks, move up to a 10lb bag. (I am at this level). Then try 50 lb bags and***

**eventually try to get to where you can lift a 100 lb bag in each hand and hold your arms straight for more than a full minute.**

**After you feel confident at that level, put a potato in each bag.**



It did bring a smile to my face. And now to another quiz with a difference – not too difficult so who can hit my in box first for a prize

<b>General Knowledge Quiz</b>		
1	The garden cities of Letchworth and Welwyn are located in which English County?	
2	What was the name of the English osteopath implicated in the Profumo Affair?	
3	Black Forest gateau is flavoured with the liqueur of which fruit?	
4	Which metal has the highest melting point of all metallic elements?	
5	This <b>Ole House</b> and <b>Green Door</b> were hits for which singer?	
6	Where will you find the tallest building in the Western Hemisphere?	
7	What is the name of a strong grated gate that hangs above the entrance to a castle?	
8	What was the name of the departmental store in the TV sitcom ' <b>Are you being served</b> '?	
9	How would the number 56 be expressed in Roman numerals?	
10	Which statesman made famous the slogan 'Your Country Needs You'	

The answers to last week's quiz are –

(1) Casablanca (2) Room at the Top (3) Gone with the wind (4) High Noon (5) Mutiny on the bounty (6) The Full Monty (7) A Man for all Seasons (8) High Society (9) The Great Escape (10) Brief Encounter.

I do hope those of you that have established a 'Support Bubble' have enjoyed seeing loved ones and family again. I had a little gathering last Sunday lunch time with three friends to enjoy a glass of wine and play catch up. It was so uplifting even if we had to sit outside and follow the 2 metre distancing rule.

Surely 'freedom' of a kind is coming soon when those of us can see the families that live some distance away and can come and visit and stay over. The decorating is finished, the beds are made up so I will just have to do the shopping. BUT will I see my immediate three and their partners or all the grandchildren as well and some of them have partners too. I'm betting all 22 of them will want to come to Barton!!!

That's all for now folks – don't despair – we must be nearly there.

Pat Carruthers (01425 616312)