

# Haddenham

## U3A News

### Misguided or naïve?

At our **General Meeting in March**, we managed to squeeze in a revealing talk on the Monday before lockdown, when Tony Eaton gave us some well-researched and penetrating insights into *The Duke of Windsor and the Nazis*. It's hoped we can eventually arrange a repeat visit for those who would have attended the cancelled Thursday meeting. Tony explained how the former King Edward VIII's German ancestry and fascist sympathies perhaps drove his continuous effort to bring about appeasement and sue for peace. Together with his wife, Wallis Simpson, the Duke further sought to influence the course of the Second World War at all stages. To this day, hundreds of documents spirited away behind the 100-year shield of the Royal Archives conceal potentially damning evidence of duplicity and connivance and a seeming disregard for both military and civilian lives at critical times of constitutional, national and European crises.



What should I call you?

### AGM

**Our Annual General Meeting** planned for May has, of course, been postponed until we can convene in an appropriate way. Similarly, the U3A National Day scheduled for June will now take place in October – giving you a little longer to come up with ideas of how we can celebrate the day!

### Thoughts from the Chair

Dear members, I hope you all are staying safe and well and managing the lockdown without too much difficulty.

It's good to see how people are coming together to support each other and help those who are more vulnerable in our community. Many of our members are involved in schemes such as FISH, telephoning those who live on their own and delivering prescriptions and food to those who are self isolating; and our own 'Out with Friends' group, who are keeping in touch with all members on a daily basis.

It is also good to see that our British sense of humour has not deserted us. Family and friends have been keeping me entertained sending a stream of amusing pictures and video clips that have had me chuckling.

As you will see in this newsletter, some of our groups are continuing their activities through the use of technology.

If you haven't already done so, do have a look at the Third Age Trust website where you will find a variety of learning and challenge activities. Definitely worth a look if you are running out of things to keep you occupied. Also, if you have not signed up for the National Newsletter, I would encourage you to do so as it also contains a lot of useful information and ideas. It's very simple: just go to the Third Age Trust website, click on the Newsletter tab and follow the instructions (note: we are South East region). I hope it will not be too long before we can all meet together again. In the meantime, please keep safe and continue to look after each other. With my very best wishes to you all.

Sally

## Theatre on TV



**Theatre visits** may not be possible at the moment, but the theatre can come to your smart TV or computer screen through the magic of free streaming via YouTube and dedicated websites (an absolute bargain, although donations are sometimes requested). Here is a selection:

### National Theatre (YouTube)

**Twelfth Night** - Where music is the food of love and nobody is quite what they seem, anything is possible in Shakespeare's classic comedy. With Tamsin Greig as 'Malvolia'. (From 7pm 23<sup>rd</sup> - 30<sup>th</sup> April, with new productions every Thursday at 7pm.)



### Cirque du Soleil (YouTube)

Several 1-hour special shows from these spectacular modern circus performers.



### Hampstead Theatre

**Tiger Country** - Ambition, compassion and humour in an NHS under pressure (!) (From 10am Mon 20<sup>th</sup> - 26<sup>th</sup> April)

**The Arrest of Ai Weiwei** - Artist's incarceration, and the importance of freedom of speech.

(From 10am Mon 27<sup>th</sup> April - 3<sup>rd</sup> May)  
[hampsteadtheatre.com](http://hampsteadtheatre.com)

### Royal Shakespeare Company

Watch RSC shows from home, register with *Marquee TV* for a 30-day free trial. Go to [rsc.org.uk](http://rsc.org.uk)

**More online theatre and Neil's Feel-good Films on page 8.**

## At home with U3A

If you've done everything you wanted to do in the garden, cleaned and tidied your cupboards/garage/shed and walked where you never thought you would, the Third Age Trust has pulled out all the stops with a range of home-based activities. You can access a wealth of resources on the website [u3a.org.uk](http://u3a.org.uk) including the following:

**Mr Motivator** has designed six days of daily workouts on YouTube, specifically for U3A members.

A series of weekly **maths challenges** provides problems and puzzles, with answers available immediately.

If you're feeling creative, there are opportunities to share **poetry** with other members, enter a **creative writing** competition or indulge in your passion for **photography** and **birdwatching** with a free online tool to record sightings.

Everyone likes a **quiz**, and there will be a different quiz for each of the next six weeks, with answers given the following week.

## Things to be thankful for...

*Marie Woodrow writes:* For ourselves it is a wonderful catching up time doing all those things we've been putting off for years. We've reconnected with friends who had slipped to Christmas card only status, made amazing excavations to the bottom of the freezer, and discovered astounding cleaning products Tesco have sent instead of the ones I ordered. Our house sparkles! And I can do all this without wearing any makeup – bliss! Such are the trivia of our existence.

### More benefits of lockdown?

- Zoom meetings (they really work!)
- More people out walking
- Time to stop and talk (while maintaining social distancing)
- Spring morning walks on Snakemoor
- Cycling on traffic-free roads
- Less airborne pollution (except for pollen!)
- Not needing to shave/wear make-up
- Cheaper petrol
- Fitness with Joe Wicks
- Spending less
- Seeing inside TV presenters' homes
- Getting to know Alexa
- Weekly 'live' drama from the NT
- Home deliveries
- Science-led government and evidence-based decisions
- Time to think...



## Interest Groups adapt

### Book Group 2

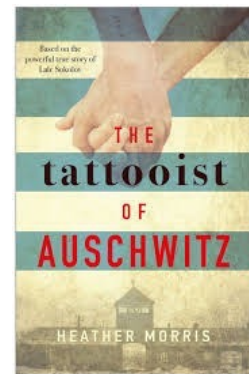
The April meeting was held via Zoom, after a couple of trial runs to ensure that all the technology was working (see article on page 6).

*Elaine Parkes writes:* We chatted for over an hour each time, and it was great fun to be able to talk to eight other people. We did consider whether to change to something more lighthearted than *The Tattooist of Auschwitz* by Heather Morris, but decided that as this book is a story of survival it was appropriate to go ahead. Morris spent three years talking to Holocaust survivor Lale Sokolov, who told her about his life in Auschwitz and how he met Gita, whom he later married.

Neither a biography nor an historical document, this is essentially a novel about two people who fell in love and tried to survive in a place where brutality and death were the norm.

The book has been severely criticised by the Auschwitz Memorial Research Centre who found many factual errors. There are few descriptions in the book and very little characterisation, so you don't feel that you get to know the people.

On balance, members felt it was worth reading as long as you keep in mind that it is a novel. Lale's motto is also well worth remembering: 'If you wake up in the morning, it is a good day!'



### History Group

At the February meeting several collaborative projects were proposed, which have proved to be most appropriate for home working. In the coming months we will study the Community School Log Books, which were recently given to the village museum, to find interesting aspects to research. Other topics include Village Shops through the Ages, and a study of Village Graveyards, which will involve transcribing information about the Baptist Burial Ground and correcting errors in the log of gravestones in St Mary's Churchyard. Once life returns to normal, an Oral History project will also collect memories from older villagers. Future presentations will include *The School During WW2*, and perhaps one to mark the centenary of motor bus services in Haddenham. And it's hoped that all material will result in presentations, articles for the Chronicles and displays for the museum. If you are interested in getting involved in any of these projects, please get in touch with Elaine Parkes at [membership@haddenhamu3a.co.uk](mailto:membership@haddenhamu3a.co.uk)

### Gardening Group

The Gardening Group is used to adapting its schedule of summer visits to indoor talks in the winter. In February Rob Jacobs gave a fascinating insight into the life of Beatrix Havergal, progressing from humble jobbing

The last big collaborative project was to produce the 1820 Map of the Village which is now in the museum. Cynthia Floud discovered the original map and Alan Rose located the 1820 Register. This detailed the location and size of every strip of land in the village as well as documenting who owned the strip and who worked it. The result is the amazing map which can be used for further research or just to see what the village looked like and how much land some individuals owned! If you have never seen it, do go and have a look once the village museum is open again.





gardener aged 14 near Bedford to head gardener at Downe House boarding school in Berkshire. After graduating from Thatcham Fruit and Flower Farm and gaining her RHS certificate, she taught horticulture at her cottage in Pusey before moving to establish Waterperry School of Horticulture and its famous Gardens. Roald Dahl was a friend who also loved horticulture, and for his children's book *Matilda* he asked Quentin Blake to visualise her formidable presence as the character Miss Trunchbull.



**In March** Paul Green's illustrated talk on *Butterflies and Garden Wildlife* was most welcome. He showed butterflies which he had photographed locally as well as some of the wildlife photographed from a webcam he'd set up in his garden.



Among those caught on camera were a regular heron visitor, together with foxes, badgers, hedgehogs and mice sharing from the same feeding station. Paul's slides of butterflies included Common Blue, Painted Lady and Red Admiral photographed in his garden and Brown Hedgerow and Adonis Blue from local nature reserves at Bradenham Estate, Otmoor and Bernwood Forest. He also gave us tips on plants to attract insects and other wildlife into our gardens.

## Languages Groups

Although Zoom has not been seen as an effective substitute for the usual face-to-face conversation groups, the French speakers are benefiting from regular emailed reading lists from their tutor – and even a French crossword! It's also the ideal time to dust off all those old French and German books from schooldays discovered while engaging in long-overdue spring-cleaning. *La Peste* (The Plague) by Albert Camus appears to be an appropriate choice for current times...

## Out and about

### Five miles to Five Ways...

The Tuesday Walking Group managed to squeeze in a 5-mile circular walk from Lewknor via Aston Rowant during the Covid-19 advisory period the week before the lockdown in March. Mike Phillips had recce'd the route, but chose to self-isolate on the day, so Jerry Michell led 15 intrepid walkers round an occasionally rather muddy circuit, taking in Five Ways north of Aston Rowant, with its pretty chalk stream and wild flowers. Passage across the M40 was by two different tunnels and surface crossings of the A40 were conducted with care, as traffic levels were still fairly high back then. After returning to Lewknor along the Icknield Way, most of the group decided to stay for a good lunch at the Leathern Bottle. Such heady days...



### ...and more mud baths!

The Long Distance Walking Group's trek along the Oxfordshire Way from Bourton-on-the-Water was a sequence of cold muddy walks that reached Tetworth in February – a section probably best forgotten. The turnout is always good for this hardy team and, when group walking can resume, there are just 17 miles to cover, ending in Henley. Plans are well advanced for the next project: walking the 89-mile Ridgeway from west to east.

## U3A reaching out

### Where you can get help and information

It's good to see that more than half the volunteers manning the Haddenham Helpline are U3A members, and a significant proportion are also supporting the FISH Scheme. The Parish Council has issued a press release on its website [haddenham-bucks-pc.gov.uk](http://haddenham-bucks-pc.gov.uk) along with information for residents on the community-based support system that it has set up with residents and local organisations. Key contact details and advice can be found by clicking [here](#).

A wealth of information, including local businesses offering takeaway and delivery services, can also be found by clicking [here](#).

**Did you know** that where references are made in blue (as above), these are hot links directly to websites or email addresses? For those who cannot access the internet and only have the printed version of the Newsletter, perhaps you could ask a family member or neighbour to look these up for you.

**Haddenham Helpline** can be contacted by email at [help@haddenham-bucks-pc.gov.uk](mailto:help@haddenham-bucks-pc.gov.uk)  
If you cannot email or your need is urgent, call 07760 458 079.

**Prescriptions** – if you need repeat prescriptions and you are self-isolating or could not stand in a queue, you can arrange to have your prescriptions delivered. Call JNW Vicary on 01844 291960 or email [jmwvicaryltd@aol.com](mailto:jmwvicaryltd@aol.com). Prescriptions will be delivered by DBS-checked FISH Scheme volunteers.

**Non-prescription items** can be ordered from the pharmacy on 07592 088 180. (9am–12noon Monday to Friday only – please leave a message outside of these times. The order will be taken by a FISH volunteer. The pharmacy will call you when the order is ready and, if you are registered for deliveries, these items will be delivered to you.)

#### Local shops offering collection services:

Bradmoor Farm – 01844 299387

Blooming Fruity – 07763 551 602

Seven Stars, Dinton – 01296 749000

#### Local shops offering delivery services:

Tickety Brew – 07543 699 020

Cottage Bakery – 01844 291469

Post Office Stores – 07533 466 246

#### Local pubs and restaurants offering takeaways and deliveries:

House of Spice – 01844 292934

Kings Head – 01844 291161

The Crown, Cuddington – 01844 292222

Bottle & Glass, Gibraltar – 01296 748444

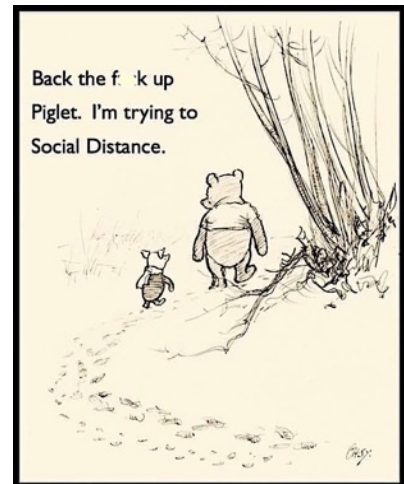
Smarts Fish & Chips Shop is open as normal  
and for your pets: Petcare, Thame – 01844 213710

### Haddenham Scrub Hub

Haddenham Stitchers, including some U3A members, in common with many other groups around the country, are employing their remarkable skills and tenacity at Haddenham's own Scrub Hub.

Some 28 members are all sewing items for front-line workers. Initially they started by producing wash-bags for NHS staff to put dirty scrubs in for laundering. In just six days they have delivered 152 bags. Now local care homes are asking for these too, as well as scrubs, scrub caps and head bands. An amazing effort by all concerned. We salute them!

**SCRUB HUB**



Courtesy: Walt Disney TV

## How to set up a Zoom meeting (and more)

Many Interest Groups throughout the whole U3A movement are keeping in touch using video conferencing software, most notably Zoom. Our U3A is no exception. Book Group 2 will, by the end of the month, have held four meetings: two were trial runs and two were to discuss books. The Writers Group, Book Group 1 and Yoga are all continuing via Zoom. It is also suitable for many conversational groups such as Discussion and Genealogy. It is also being used in other organisations for Wine Tasting and Musical Groups. Some Interest Groups in other U3As are meeting for ‘coffee mornings’ just to keep in touch and have a chat. It is great fun for, say, up to eight people who are isolated to be able to chat, and to be able to see each other! Note that Zoom works on Microsoft, Apple and Android, but the free version is often limited to 40 minutes.



At the time of writing, the major early security flaws in this app seem to have been rectified. The Third Age Trust website [u3a.org.uk](http://u3a.org.uk) has ‘How to guidance’ at the foot of its welcome page. Here you can download the Zoom app and many others, with complete instructions on how to use these to keep in touch with family, friends and U3A members. Once you’ve downloaded the software, you’ll be able to use the technology to get around self-isolation.

## Renewing your U3A membership

*Elaine Parkes writes:* Many thanks to the 300-plus members who have already renewed their subscriptions. I’ve had phone calls from members who are worried because they cannot leave the house to deliver a cheque or cash to David Ackroyd, our Treasurer. Please don’t worry, as we will be extending the deadline date for payment to at least 31<sup>st</sup> May. If you can pay by Bank Transfer, that would be helpful. If you do not wish to renew your membership I would be grateful if you could let me know so that I can remove you from the database and you will not receive any more communications from us. Please contact me at [membership@haddenhamu3a.co.uk](mailto:membership@haddenhamu3a.co.uk) or call 01844 292184.



## Members’ recommendations

### Radio gems

*More or Less* on Radio 4 (Wed 9am or on BBC Sounds) is chaired by Tim Harland, who originally went to Aylesbury Grammar School! He explains, and sometimes debunks, the numbers and statistics used in political debate, the news and everyday life. The recent Covid-19 programme looked at when infection occurred rather than the headline news of deaths we get every day. It seems that the peak was on 8<sup>th</sup> April, and the fall since probably owes more to us following earlier advice to wash hands and socially distance, rather than to the lockdown itself. And an analysis of deaths of NHS workers, who were already following basic hygiene rules, found that they were similar to the general population mix of the same age, gender, ethnicity etc: [bbc.co.uk/programmes/b006qshd/episodes/player](http://bbc.co.uk/programmes/b006qshd/episodes/player)

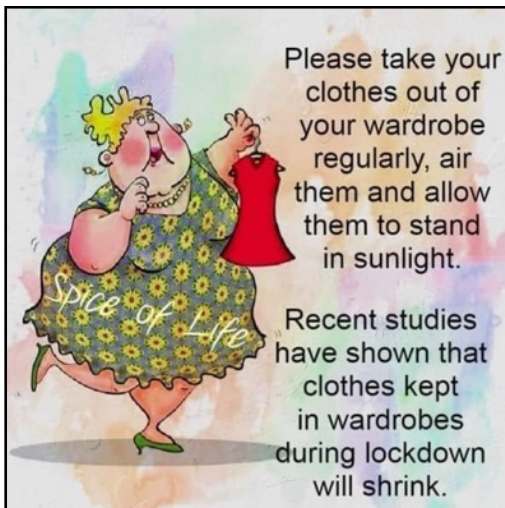


*The History of the World in 100 Objects* is being repeated every weekday on Radio 4 at 1.45pm, presented by the then British Museum director Neil MacGregor. At 15 minutes a day per item, dare we predict that it will outlast the lockdown?



## A great poem by Pam Ayres

I'm normally a social girl, I love to meet my mates  
 But lately with the virus here, we can't go out the gates.  
 You see, we are the 'oldies' now, we need to stay inside  
 If they haven't seen us for a while, they'll think we've upped and died.  
 They'll never know the things we did before we got this old  
 There wasn't any Facebook, so not everything was told.  
 We may seem sweet old ladies who would never be uncouth  
 But we grew up in the Sixties – if you only knew the truth!  
 There was sex and drugs and rock'n roll, the pill and miniskirts  
 We smoked, we drank, and we partied and were quite outrageous flirts.  
 Then we settled down, got married and turned into someone's mum,  
 Somebody's wife, then nana – who on earth did we become?



We didn't mind the change of pace because our lives were full  
 But to bury us before we're dead is like a red rag to a bull!  
 So here you find me stuck inside for four weeks, maybe more  
 I finally found myself again, then I had to close the door!  
 It didn't really bother me, I'd while away the hour  
 I'd bake for all the family but I've got no flaming flour!  
 Now Netflix is just wonderful, I like a gutsy thriller  
 I'm swooning over Idris or some random sexy killer!  
 At least I've got a stash of booze for when I'm feeling idle  
 There's wine and whisky, even gin, if I'm feeling suicidal!  
 So let's all drink to lockdown, to recovery and health  
 And hope this awful virus doesn't decimate our wealth.  
 We'll all get through the crisis and be back to join our mates  
 Just hoping I'm not far too wide to fit through the flaming gates!

## Genealogy for all

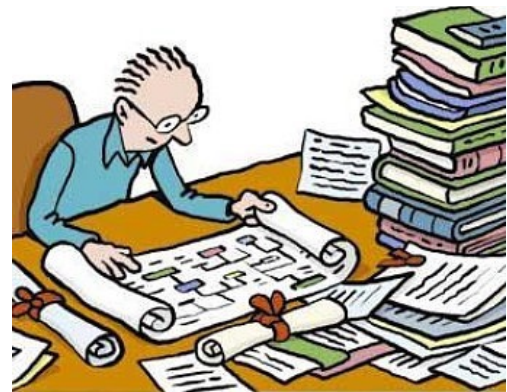
*Sue Michell writes:* Fancy checking up on your ancestors in one of those many spare moments? Even if you are not in the Genealogy Group but are a member of Buckinghamshire library, you can access the Ancestry website free via the library service website during the lockdown. You just need your library card number and PIN handy, and you're ready to log in to the Buckinghamshire library website.

On the welcome page select 'eLibrary' from the 5 options in the blue band at the top and choose Online resources from the dropdown menu. From the A-Z list, the third item under A is 'Ancestry'.

Click on the green bar which says 'Temporarily available from home etc'.

You then get a screen where the second section says 'discover your family history' and in blue there is a link 'click here to access Ancestry library edition'.

You are now in the Ancestry website and can start to find details of your family through Births, Marriages & Deaths, as well as from census and military records.



## Get your culture fix at home

### One-stop shop

The remarkable portmanteau site [culturefix.digital](http://culturefix.digital) offers free access to films and discussions on art and galleries, theatre, dance, history, opera, classical and other music, and much more – all on one site, including thousands of preserved *Britain on Film* videos featuring 120 years of British life.

### The Arts Society

Access your favourite arts virtually, with discussions and lectures at [connected.theartsociety.org](http://connected.theartsociety.org)

### Globe Theatre

*Romeo and Juliet* is streaming now, with *Macbeth* and *The Winter's Tale* amongst forthcoming attractions at [shakespearesglobe.com/watch/](http://shakespearesglobe.com/watch/)

### Musée d'Orsay

Browse the collections at [artsandculture.google.com/partner/musee-dorsay-paris](http://artsandculture.google.com/partner/musee-dorsay-paris)

### Royal Academy

A 40-minute guided tour of the Royal Academy's recent *Picasso and Paper* exhibition, together with nine other worldwide gallery tours and previews, plus a reprise tour of the epic RA 2012 Hockney exhibition can be found at [royalacademy.org.uk](http://royalacademy.org.uk)



### TED talks

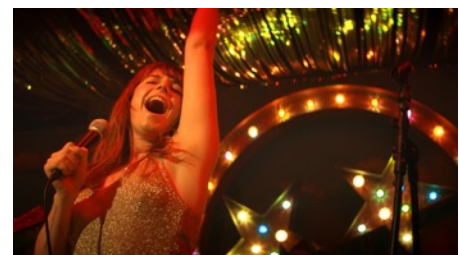
There are also thousands of free talks on technology, education and design at [ted.com](http://ted.com)

### Neil's Feel-good Films

For film buffs and in particular those of us seeking the feel-good factor, the BBC suggests great films which are available to watch at home, dividing these comfort-viewing classics into 10 key categories at [bbc.com/comforting-films](http://bbc.com/comforting-films).

Neil Dury's own favourites are:

Wild Rose	Hidden Figures
Sunshine on Leith	Happy-Go-Lucky
Little Miss Sunshine	<i>And for music: Mama Mia</i>
Roma	La La Land



### And in print...

National daily papers are, of course, united in covering one topic, but they also seem to recognise the need for entertainment and distraction. All titles seem to be offering lots of puzzles and quizzes, with over 30 daily in The Times – and the 'i', which includes extra challenges for younger children at weekends.

Note that there are discount offers covering either free delivery or a reduced cover price. Alternatively you can arrange collection or delivery with your

local newsagent at no extra charge at:

[delivermynewspaper.co.uk](http://delivermynewspaper.co.uk)

We hope you enjoyed reading our new-look Newsletter. A special thanks to all for your contributions, and apologies for those we didn't have space for. Note to group leaders: please ensure you keep our website up to date.

