



# Cotgrave and District U3A

## Keeping in Touch 7

I wonder how many readers noticed that there was not one single limerick in last week's letter! (And I wonder even more how many might have heaved a sigh of relief!!) Well, the rest of you will be pleased to know that the long wait is over – today's version is full of them - but, first let me explain. I have recently been reading Alison Weir's excellent book about Henry VIIIth's six wives (yes, Peter – SIX!) and was particularly struck by the saga of Anne Boleyn, who kept Henry waiting something like three years before agreeing to share her bed with him. The point was that this only kept the regal flames burning ever more brightly in her favour – so I thought it might also work in my case with the limericks. Trouble is, I have only been able to hold out for a single week! Anyway, here we go again – but the first enigmatic example comes from Chris Soar:

### The Bee Notice

Chris has just reminded me that it is that time of year when wasps and bees start their summer perambulations and it has, of course stimulated yet another limerick:

*There was a young man from Dundee  
Who was stung on the knee by a wasp.  
When asked if it hurt,  
He replied "No, not at all,  
It can do it again if it wants."*

You are welcome to make what you like of that! All questions to Chris Soar (but see Postscript).



All of which reminds me that it is time for me to put out the 'Bee Notices' by the bit of ancient wall at the bottom of Scrimshire Lane – the bit once owned by the Scrimshire family in their glory days (roughly between 1600 and 1750). I often wonder whether the bees were there in those days. They are red mason bees, so-called because they eat their way into the wall and build nests which they inhabit from June to the following April, only flying for the remaining three months. They are unlike most bees and wasps in so far as they are solitary creatures, each bee having its own nest – rather like today's locked-down human beings – which accounts for the large number of holes in the wall.

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All this also reminded me about something called a B-Notice which, for some unknown reason is a term which sticks in my mind from my young days during the Second World War. Like so many such recollections, I had no idea what it actually was, so I looked it up on the internet and all was immediately made clear.

‘A “B” Notice is a backup withholding notice. There are two “B” Notices – the first “B” Notice and the second “B” Notice [surprise, surprise!]. You must send the first “B” Notice and a form W-9 to a payee after you receive a CP2100/CP2100A Notice with respect to this account for the purpose of soliciting a correct name/TIN combination. The text of the second “B” Notice is different from that of the first “B” Notice [can you believe it!]. It tells the payee to contact IRS or SSA to obtain the correct name/TIN combination.’

I could go on but I suspect that the average U3A Member has already learned as much as he/she needs to know about the B-Notice and, in any case, if it’s anything to do with soliciting, I suspect that most of us are well past it..

But, going back to Chris Soar’s many contributions, I think you may find the following bit of poetry (Chris refers to it as ‘prose’ but I can’t agree) thought-provoking. It was written by a Japanese writer, Haruki Murakami, a favourite of a daughter of a friend, married to a Japanese husband:

### *The Storm*

*And once the storm is over, you won't remember how you made it through,  
how you managed to survive.  
You won't even be sure whether the storm is really over,  
But one thing is certain...  
When you come out of the storm, you won't be the same person who walked in.  
That's what the storm is all about.*

It’s interesting that our relatively small community should have at least three Japanese connections – Carole and Doug Pimblett’s daughter is also married to a Japanese and Joyce and I actually lived there for three months many cherry blossoms ago. Perhaps there are others? It would be nice to hear. We might start a ‘Japanese Studies Group’.



## The Virus

Talking about the Storm, brings me to our own version. I happen to be a Member of Beeston U3A and they, too, are sending out regular 'keep-in-touch' messages. Our Science Group Members will remember an excellent talk given by a Beeston Member, Bill Pavlidis on the subject of 'AIDS Research'. Bill is a virologist and has submitted an account of the Covid-19 Virus as seen from the perspective of the professional. I thought you might be interested in reading it. (Members of the Real Ale Group might note the significance of alcohol, though sixty-five percent is going it a bit!)

John Hopkins University's Covid-19 safety advice

- The Covid-19 is the seventh corona virus known to humanity
- This virus is not a living organism, it needs to invade a host and to commandeer its replication mechanism to multiply
- The structure of this virus, and most viruses, is very simple: the outer layer is a double layer of lipid (fat), and the visible 'spikes' are protein molecules, which act as 'anchors' to attach the virus onto human cells. In the inside of the virus are protein molecules, DNA or RNA, which carry the genetic instructions for the propagation of the virus.
- The major host of these viruses are bats, and the virus reaches other mammals through bat faeces.
- The close proximity of humans to these other mammals and their use as food or as sources of so-called medicinal products enables the virus to 'jump' from one species to another
- The main entry points of the virus into humans are through ocular (eye), nasal, or buccal mucosa (mouth) cells. The virus CAN NOT GET THROUGH HEALTHY SKIN.
- Since the virus is not a living organism but a collection of fatty layers and proteins, it can not be killed by antibiotics like bacteria. It only decays on its own, the disintegration time depends on TEMPERATURE, HUMIDITY, AND TYPE OF MATERIAL IT LIES ON.
- Whilst the virus is glued onto a porous surface it is very inert and disintegrates after: 3 hours (fabric); 4 hours (copper and wood); 24 hours (cardboard); 42 hours (metals); and 72 hours (plastic)
- The virus molecules remain very stable in external cold; or artificial cold such as air conditioned rooms
- They also need moisture to stay stable, as well as darkness
- As we know all this information, it is only reasonable to devise methods to protect ourselves and others around us. So the advice is as follows:
- This virus is very fragile, the only thing that protects it is a thin layer of fatty tissue. Dissolve the bi-layer and the virus breaks up. These are the methods to achieve this:
- Any soap or detergent is the best remedy, because the foam DISSOLVES THE FATTY LAYER OF THE VIRUS and exposes the inside, which simply disintegrates. The more foam you create, and the higher the temperature of the hot water (above 25 degrees), the more effective the destruction.
- Any mixture of alcohol over 65% DISSOLVES FAT, thus it destroys the lipid layer of the virus,
- A mixture of 1 part of bleach and 5 parts of water dissolves the proteins of the virus. CAUTION can damage your skin!!!
- Ultra violet light breaks down the viral protein
- Hydrogen peroxide breaks down the viral protein. CAUTION: can hurt your skin,
- The more open and well ventilated a space is, the less concentration of virus
- LISTERINE helps destroy the virus, but only if it contains 65% alcohol.
- Dehumidified, dry, warm, and bright environments degrade the virus faster.
- Therefore, the ultimate advice is: you MUST WASH YOUR HANDS before and after touching your face, food, locks, door knobs, switches, remote controls, cell phones, watches, computers, tablets, televisions etc.

Dr Bill Paviidis, Beeston U3A

This cool, independent view contrasts somewhat with the more emotional reaction of our own generation, which, of course, is best summed up by another limerick:

*This virus called COVID-19  
One can only describe as obscene.  
When it kills off old folk,  
It seems far from a joke,  
When you're already a good old has-been.*

Then we have the serious question as to whether Dominic Cummins should really have been a member of the Government's science advisory committee (SAGE). But this, too, can best be summed up in yet another limerick:

*There's now a committee called SAGE  
With which politicians engage.  
Should we give it reliance  
'Cos it's all about science,  
Or a Dominic Cummins rampage?*

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## **Dog Jokes**

We all love our dogs and it is good to meet up with so many when we venture into the Country Park for a little exercise. I came across the attached photograph the other day and thought you might enjoy it too – it's titled 'Bark Variations'



Coincidentally I was sent this interesting bit of discussion yesterday, which fits in very nicely:

### ***WHY some men have a dog and no wife...***

- 1. The later you come home, the more excited your dog is to see you*
- 2. Dogs don't notice if you call them by another dog's name.*
- 3. Dogs like it if you leave a lot of things on the floor.*
- 4. A dog's parents never visit.*
- 5. Dogs agree you have to raise your voice to get your point across.*
- 6. Dogs find you amusing when you're drunk*
- 7. Dogs like hunting and fishing.*
- 8. A dog will not wake you up at night to ask: 'if I died, would you get another dog?'*
- 9. If a dog has babies, you can put an ad in the paper and give them away.*
- 10. A dog will let you put a studded collar on it without calling you a pervert.*
- 11. If a dog smells another dog on you, they don't get mad. They just think it's interesting.*
- 12. If a dog leaves, it won't take half your stull.*

*To test this theory — lock your wife and your dog in the garage for an hour, then open it and see who's happy to see you.*

## The Walking Group

As Malcolm Baxter points out, it is particularly galling that the present lockdown prevents members from enjoying the collective walking experience, so he has put together a word puzzle which makes use of and reminds us of a number of well-known long walks. Can you find them in the block of letters printed below? (Answers next week.)

### TRAILFINDERS

The weather has changed and we cannot do a group walk but are allowed to have a coffee. Peter and Malcolm would like to invite all members for a coffee, albeit in your own kitchen/garden, and join them to discover some British walking trails. The paths are listed below and can be found in the letter grid, vertical, horizontal, diagonal, forward or backwards

Q	W	T	H	E	R	O	A	C	H	E	S	M	W	C	R
A	E	A	S	D	F	G	H	J	K	T	L	P	E	O	D
Z	O	L	D	H	A	R	R	Y	R	O	C	K	S	A	V
O	D	B	Q	S	D	F	G	I	B	N	M	E	T	S	H
F	C	E	X	C	V	B	D	H	J	K	B	M	H	T	T
F	V	N	A	E	R	I	N	M	K	E	U	Q	I	T	A
A	F	M	S	D	N	M	R	T	R	H	U	I	G	O	P
S	R	A	A	G	J	A	K	B	F	V	D	O	H	C	S
D	T	C	E	P	E	N	Y	F	A	N	T	R	L	O	I
Y	G	D	A	R	E	T	H	K	L	D	E	S	A	A	R
K	G	U	B	Y	O	O	I	L	F	T	S	G	N	S	E
E	B	I	S	P	E	R	Y	U	E	D	P	K	D	T	B
X	N	Z	P	D	T	U	O	P	N	T	L	Y	W	O	N
S	H	I	V	D	P	E	N	N	I	N	E	W	A	Y	A
W	N	B	D	X	M	L	O	C	L	A	M	L	Y	E	L
G	Y	Q	Z	H	A	D	R	I	A	N	S	W	A	L	L

Trail	Information
COAST TO COAST	A 182 mile path starting at St Bees in Cumbria and finishing at Robin Hood's Bay in North Yorkshire passing through the Lake District, the Yorkshire Dales and North Yorkshire Moors
PEN Y FAN	4.5 mile walk through the Brecon Beacons in Wales. Path used for S A S training
BEN MACDUI	Britains 2nd Highest Peak in the Scottish Cairngorms
ROSEBERRY TOPPING	Second highest hill on the North Yorkshire Moors
OFFA'S DYKE	A 176 mile path along the England/Wales border from Liverpool Bay to the Severn Estuary
PENNINE WAY	Starting at Edale in the Peak District this 268 mile path passes through the Yorkshire Dales and Northumberland National Park to finish at Kirk Yetholm just inside the Scottish border
MAN TOR	A 1696 foot hill in the High Peak of Derbyshire
OLD HARRY ROCKS	Three chalk formations on the Isle of Purbeck in Dorset
HADRIAN'S WALL	The trail follows the line of the Roman Wall and runs for 73 miles from Wallsend-on-Tyne to Bowness-on-Solway
STRIDING EDGE	A sharp topped path on the third highest mountain in the Lake District, Helvellyn
WEST HIGHLAND WAY	A 96 mile route from Milngavie, north of Glasgow, passing through Glencoe, the foot of Ben Nevis, to finish in Fort William
THE ROACHES	A prominent rocky ridge of gritstone in the Peak District National Park in Staffordshire
LLANBERIS PATH	One of the 6 major walking routes up Snowdon and 9 miles in length. The path follows the line of the Snowdon Mountain Railway so cheat, take the train to the top and then walk down.

## VE Day

As the press is intent on reminding us, the 75<sup>th</sup> anniversary of VE Day is today (Friday 8<sup>th</sup> May), a fact brought to my attention by Norma Furnell, who has very kindly contributed the attached photograph of herself, aged 20 months, enjoying centre stage at the celebration in Marylebone, where she was born. The photograph was taken in front of the Dover Castle pub and also includes her sister, aged three and a half, (right front) and her 'Aunt' (left front). Our thanks to Norma for allowing us to witness this exciting incident in her young life and for reminding us all of the significance of the occasion. We worry, quite rightly, about the effect that the present lockdown

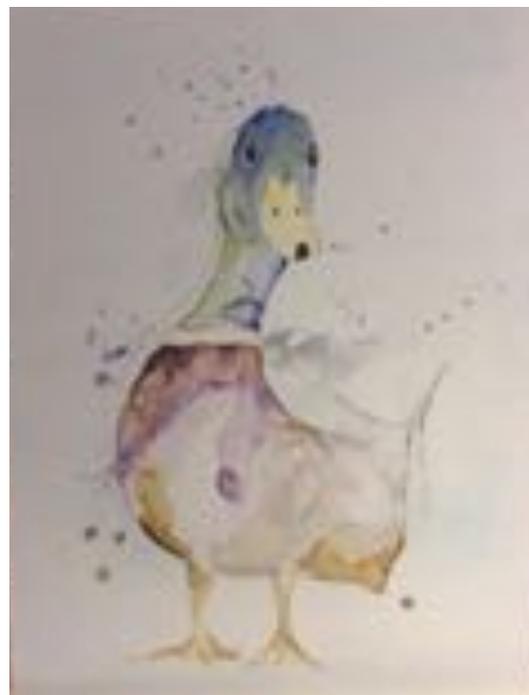
will have on our future lives, while forgetting that the War left the country in a far, far worse state than even the worst that the Covid-19 virus is likely to achieve. Perhaps we might let that be a consoling thought.



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## The Art Group

Two more super photographs of U3A art work which never fail to impress:



## **The Creative Writing Group**

Once again, we welcome the contribution from the Creative Writing Group. It comes last because it's always good to end on a positive note – something to look forward to next week. And it's also about a dog.

This week's contribution is from Jim Odell and is our current project. The title of the project was borrowed from a short story written by Anton Chekhov in the late 1890s.

### **Lady with the dog.**

Janet Williams lived in the small, detached bungalow at the edge of the village and had lived there for about three years. She had moved from.... Ah! well no, none of the people in the village knew where she had come from. She was a woman of a certain age and financially secure. A cleaner came in twice a week and all her shopping was delivered to the door. She did her own cooking.

Most days she went out and walked through the village to the river. She met quite a few people while she was out. They all stopped for a chat. One morning she returned from her walk and found a black female Labrador lying near the back door. It did not look very well. Janet opened the door and called it in. Slowly it came in and laid on the kitchen rug. Janet called the local police station. The constable, after checking the dog book, said that it had not been reported missing. He made a note of it in the found property book.

After looking in the Yellow Pages, Janet rang the local vet. Peter Jones, the vet, said he would come and see the dog as soon as he could. Peter arrived three quarters of an hour later. He examined the dog. He said that it was not a young dog and it had an abscess on its neck which would mean an operation. It was not microchipped. Janet said to Peter, "do whatever you must"

"By the way, what's her name?" he added.

"Bella"

He went back to his car to fetch an animal basket. Then he took Bella back to the surgery. About three hours later, Peter rang Janet to say that the operation was finished. The abscess had been removed and that Bella was waking up. He also said that he would return her back to the bungalow the following afternoon.

After a few days Bella was well enough to go on walks. She seemed to enjoy the walks especially when the children came to make a fuss of her. Bella was a great favourite in the village. Sometimes she went in the river. Not too far and not too long.

One day Janet took her for their walk. It was about ten o'clock in the morning. As they drew near the river, they heard screaming coming from the water. Janet then saw a young girl in difficulties. Bella moved forward. "Ok" said Janet. Bella leapt into the water and swam strongly against the current to the girl. She sank her teeth firmly into the girl's dress and swam back. When both, girl and dog, arrived near the bank, two onlookers jumped in to help them out. The girl was not injured, apart from being cold and frightened. Someone had called the ambulance. It arrived a few minutes later. The ambulance man put the girl in the ambulance and drove her to the local hospital for a check-up

Bella was lying on the grass, panting. She was exhausted. After a while she still had not stood up. Janet was very worried. Another ten minutes and there was no change. Janet rang Peter. He was there in ten minutes. Bella was lowered onto the animal basket and put in the boot of the car. Janet sat in the passenger's seat. At the surgery Peter examined Bella. He said to Janet, "it was all too much for her. I am afraid that she won't Jack it." Bella died in Janet's arms.

Three months later Janet sold the bungalow and move to.....ah! Well no, none of the villagers knew where she moved to. They just remember her affectionately as the lady with the dog.

Thank you to all contributors – after all, it is *your* Letter (apart from the limericks, of course).

Keep well by keeping poles apart.

**John**

PS For those of you who like to see your limericks actually rhyming, you might consider this as an alternative to the Chris Soar version:

*There was a young man from Dundee  
Who was stung by a wasp on his knee.  
When it did it again,  
He cried out with pain  
And swore blind that the wasp was a B!*

**Stop Press** – There has been an unconfirmed rumour to the effect that the Government advisory group's name is to be changed to 'Sexually Active Guardians of the Emergency'. When the Stats have been fully examined, we may be able to tell you more. Watch this space!