



Email: NewsFlash@ilkleyu3a.org

We are in the process of changing our website address to ilkleyu3a.org. When you select links in this News Flash you will be directed to the new website address. Log in using your existing password to access any "member only" content.

Select the above link to read a brilliant story of how local volunteers including U3A members are making scrubs for local NHS staff and other front line workers.

[Introducing a members only discussion forum](#)

Select the link above to reach the Coronavirus Support pages and open the first link. We have updated 'A Picture Paints a Thousand Words' so you can post your own views and pictures directly on the website. There are four headings within the forum as listed below. Only members logged into the website can access.

Wildlife Spotted: With less human activity there is more wildlife to see and hear. Share your experiences here. Thanks to **Jenny, Julia, David and Barbara** for the first contributions.

Keeping Myself Occupied: Share your thoughts and perhaps a picture or two on how you have filled your time.

Picture Parodies: Thanks to **David and Helen** who have posted the first contributions. Make up your own parody or search on line to find a favourite and post the image. The local paper this week features children dressing up to recreate famous pictures so images of cute grandchildren are also welcomed!

Anything Goes: You can add anything else here. Check out postings from **Mary, Pam, Jean and Eric**.

When posting or replying to a post, please think about how your contribution will be viewed by others. The website team reserve the right to remove anything considered inappropriate. If you're not sure how to use these forums, [email News Flash](#) and we will post an item for you.

[Select this link to reach 'Life as we know it'](#)

As we end our fourth week of lock-down, **Steve Crossley-Smith** has provided a short film on how future generations will study 2020 to see how we responded when an unknown virus swept all before it. Let us know if you are keeping a diary.

David and Robin share how they have participated in a virtual choir and a virtual church service. **Jeanette** has shared a quirky film of Beethoven's 5th symphony to help you relax.

Other items include a look at how train travel through Leeds station has been drastically reduced during lockdown and air pollution in London has improved. Thanks to **Marten**, there is a link to a charming article explaining how

Coronavirus is turning Londoners into Northerners with total strangers saying hello, albeit at a safe distance.

[Select this link to reach 'Making Good Use of Spare Time'](#)

Jean Smith invites you to try out a card trick and **John Rhodes** has been sorting out some of his vast collection of photographs. These are some stunning images of local scenes from a talented photographer. See also the video report of the award winning model railway in **Steve Weatherley's** loft.

[Select this link to reach 'Group Inspiration'](#)

John Metcalf shares how he has started to use video conferencing with members of the Aviation Group. Once logged into the website, select these links to the **[Craft Workshop](#)**, **[Drawing Group](#)** and **[Art for Fun](#)** to see how these groups are using the picture gallery facility to showcase their creative talent.

You may like **[to read the attached newsletter](#)** that has been sent over Easter to those members not on email.

[Select this link to reach the 'Quiz Zone'](#)

Rounds 4 to 8 of the cancelled WestNet quiz are now added. Do you recognise the quiz master's voice? Thanks to the Art Appreciation group for sharing their email quiz. There is also a link to the weekly quiz on the national Third Age Trust website.

[Select this link to reach the 'Quirky Humour Zone'](#)

No one spotted the deliberate mistake on this page. The Two Ronnies' film clip only featured one Ronnie - Ronnie Corbett. The error is still there. Check for yourself. **Pam Harris** has gone back to her school days for a joke that will need explaining to anyone who is under 65.

If you have not yet read the **[Green Tip of the Month](#)**, select this link. It's a fascinating, and useful, insight into what I grew up calling tin foil.

The **[U3A national newsletter for April](#)** is also worth a look. It includes information about a series of exercise videos just for members of U3A by Mr Motivator, who some of us may remember from TV in the 1990s.

Q. What do you call a sheepdog crossed with a rose?

A. A collie-flower.

Q. What do you get when you cross a dog with a phone?

A. A golden receiver.

Q. Why can't dogs work the TV remote control?

A. Because they always hit the paws button.

Keep safe

John & Christine (NB. A few postscripts on page 3)

PS 1. Please continue to send in your stories of innovative lock-down activities, as off-the-wall as you like, plus really interesting photos. It helps other members realise they are not alone in these difficult times. We all need uplifting stories when there is so much emphasis on doom, gloom and PPE.

PS 2. It is worth scrolling down the various Coronavirus Support Zone pages for items you may have missed. I highlight this one which lists [those businesses \(including small independent traders\) who supply home delivery in LS29.](#)

We sign off with some delightful bird song suggested by Jeanette Wallace. She has shared [this video of a Magic Flute duet turned into a colourful bird aria.](#) See how many varieties you can spot. Full cast list at the end!