

THE THURSDAY CLUB NATTER



WHERE ALL THE GOSSIP CAN BE FOUND

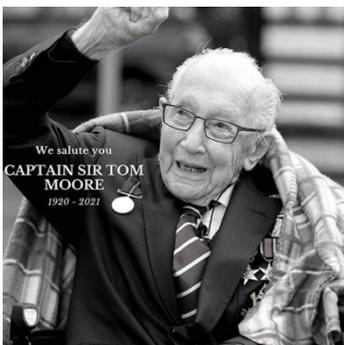
EDITION 25

05.02.21

WELCOME

Capt. Tom has once again made a big impact on the lives of our nation. Although we are all coloured by sadness even his passing has managed to generate positivity. In these days of exploitative and intrusive social media added to the continuous drone of dreadful news on our televisions, his family's situation remains an inspiration to us. It encourages us to bear the pressures of our present isolation by drawing on the inner strength expressed by Capt. Tom's fortitude and his family's fine example.

Too many families have shared this pandemic's bereavements, these thoughts are a small part of the inadequate support offered by those who have been more fortunate.



MEETINGS ON ZOOM THIS WEEK
09.02.21 and 11.02.21

Tuesday Morning discussion group 11.00am.
Topics include the EU's attitude towards the UK,
over vaccines and other commodities.

Participants suggest items for discussion and each item is generally given 20 minutes with the chairman ensuring that all get an opportunity to make a contribution. While this does not suit everyone, those who have joined say they have enjoyed the session.

THURSDAY CLUB 11.00 – 12.00
After Requests we are planning another session of
“Articulate”

WEEKEND CATCH UP SATURDAYS 11.00 –
12.00. is cancelled this week.
No computer, then dial in on your home phone
during the meeting times.
Dial 0131 460 1196. and when requested enter 377
931 4064 followed by the hash key and chat away.

As we are in tier four the Hub will have to remain
closed.

bag o' books.....

There are shopping bags of books that can be delivered to your doorstep. You look through these, make your selection and the bag is collected from your doorstep later.



Sophie's Positivity Corner

Today is time to talk 2021 - a day where the aim is to get people talking about mental health and as a result, their feelings. I want to focus my words this week on why talking really does matter and how it actually helps.

Being social animals, humans have a desire to connect to one another; finding a mate, having offspring etc, all starts with our ability to communicate. Hundreds of thousands of years

ago when humans had to survive without the luxury of modern technology and when we had to hunt for our food, our brains would help us in the most amazing way. A part of our brain known as the amygdala is responsible for our fight or flight response and this would help to keep us on our toes in case we ever got into danger. It works unconsciously so before we are consciously aware of any danger in front of us, our amygdala has already sent the signal for us to release cortisol (a type of stress hormone) and adrenaline. This would give us the opportunity to react in hopefully sufficient time and keep us alive.



Now why am I telling you all this? Well, we still have that part of our brain and it's still very sensitive to stimuli, but in the 21st century, we rarely have encounters that place us in life threatening danger so instead we might react to simple everyday stimuli such as loud noises, arguments or even just our own imagination in a similar way. However, there is seldom any immediate resolution to these "dangers", so our cortisol levels continue at a higher level for much longer. One of the best ways to regulate this hormone is to engage your conscious brain so it can take over from that fight or flight response and send the signals to inhibit the production of cortisol. And how do we engage our conscious brain, I hear you ask? TALK!

In conclusion, if you are looking to reduce stress, rationalise your thoughts and emotions or just want to feel a little bit closer to someone, the best thing you can do right now is to have an open and honest conversation. Happy chatting!!



Here is the library of jigsaw puzzles ready for loan.

Contact Peter if you would like one.

Transport available to take you to your vaccinations
VASA can be contacted on 01789 262889 (press option 1) Monday to Friday, 9am to 4pm or email transport@vasa.org.uk or talk to Peter

Nature Notes - *Derek Healing*

I hope you were able to join the Big Garden Birdwatch to see which species you could spot from your window. We look forward to seeing the results in a few weeks' time when they have been recorded and collated. With possibly over half a million contributors (and maybe many more



because of the lock down) it will take a while for the results to be analysed.

We saw most of the usual suspects; Robin, Blackbird, Starling, House Sparrow, Blue tit, Great tit, Long-tailed tit, Carrion Crow, Magpie, Wood pigeon, Dunnock, but were delighted to welcome this Grey Wagtail during the count. It has been coming into the garden on most days lately but does not stay long. They are a relatively recent visitors to suburban gardens in winter as their preferred habitat is fast flowing streams in the countryside. However, over the last few years some of them have been taking advantage of

feeding opportunities in gardens so you may be lucky and see one. In the wild they will nest behind waterfalls, on mill streams or in crevices between rocks or in riverside walls.

We have three different defined Wagtail species in UK, although there are also some variants. The gorgeous Yellow wagtail is strictly a summer migrant most often seen in damp pastures where it will search for insects disturbed by horses or grazing cattle hooves, going so close that it seems it may be trampled underfoot but it is nimble enough to escape with its food. They are not common and I have only seen them in Norfolk, although their territories may reach into the Midlands. They spend the winter in Africa but our third, the "Pied" wagtail, is resident and commonly seen in supermarket car parks and open urban areas. They do not regularly visit gardens but we do have an occasional one dropping by to find food, and here is a photograph I took recently at home.

Pied Wagtails can form huge roosts in winter, often in city centres, when several thousand may gather at dusk, paying no attention to street lights or traffic noise. They gather together perching in bare trees. There used to be a big roost in Mell Square, Solihull and it was a great experience to hear them chattering as they arrived in groups of various sizes before eventually settling down in the square. They will often use a favoured roost for several years, the longest recorded was 30 consecutive years in Kent, but with many suitable sites now available for them, they can be nomadic and not necessarily return to the same location. We do not know how they decide where to roost or which bird spreads the message, a wild life mystery!



PARISH COUNCIL INVITATION TO PUBLIC MEETING TO DISCUSS GRANTS

On February 15th 2021 at 7.00pm the parish council are holding a public "Zoom" meeting to discuss what community grants they will be giving in the next financial year. It costs £66,000 a year to pay all the expenses of the Hub. This year the council reduced the funding to the Hub by £15,000. They offered £10,500 to the centre. In the event, the council withheld £5,250 of the grant leaving the Hub with £20,250 less than we had hoped to raise from them. This large loss threatens the Hub's future. For next year they have indicated that consideration of the Hub's funding will be suspended. They mention the present uncertainty of the crisis facing our nation as the reason. The Hub's response to the crisis is actually increasing their expenses. The Hub Trustees cannot understand why such an important community asset is being treated in this way. We are asking as many supporters as possible to email the Clerk of the Council and ask for an invitation to join the "Zoom" meeting in order to give an indication of how strongly we all feel about the Hub. clerk@henley-in-arden-pc.gov.uk is the email address. You could of course just send a message of support directly to the council at this address.

Joke time.....



Not to brag, but I just went into another room and actually remembered why I went in there.

It was the bathroom, but still....

**SOME PEOPLE
WON'T ADMIT THEIR
FAULTS. I WOULD,
IF I HAD ANY.**

REBELS MARKET

I MIGHT WAKE UP EARLY
AND GO RUNNING. I ALSO MIGHT
WAKE UP AND WIN THE LOTTERY.
THE ODDS ARE ABOUT THE SAME.

Finally I understand why cars have these things...



ifunny.co

SHE SAID SHE'D BE READY



IN FIVE MINUTES...

I hate when I go to
the kitchen
looking for food
and all I find are
Ingredients.



FASCINATING ROCK FORMATIONS WHERE WILL YOU FIND THEM?



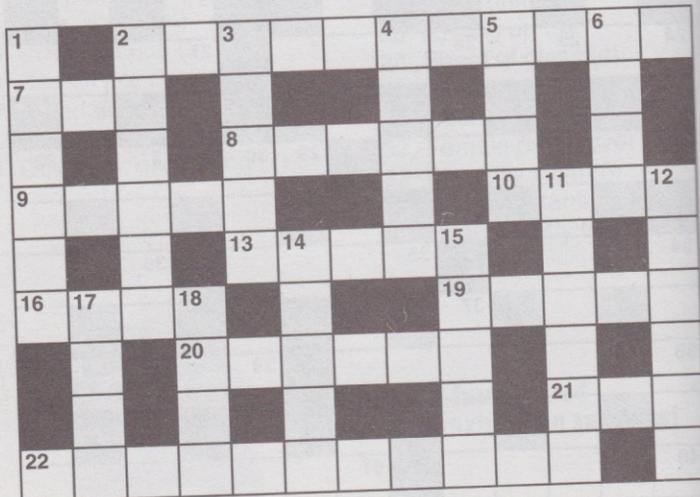
IN YOUR IMAGINATION OF COURSE!!!

ACROSS

- 2 Junior, lower (11)
- 7 Fitting (3)
- 8 Improve, amend (6)
- 9 Poor (5)
- 10 Globule (4)
- 13 Badge (5)
- 16 Song of praise (4)
- 19 Praise enthusiastically (5)
- 20 Woodwind musician (6)
- 21 Legislative decree (3)
- 22 Sandy-coloured footwear (6,5)

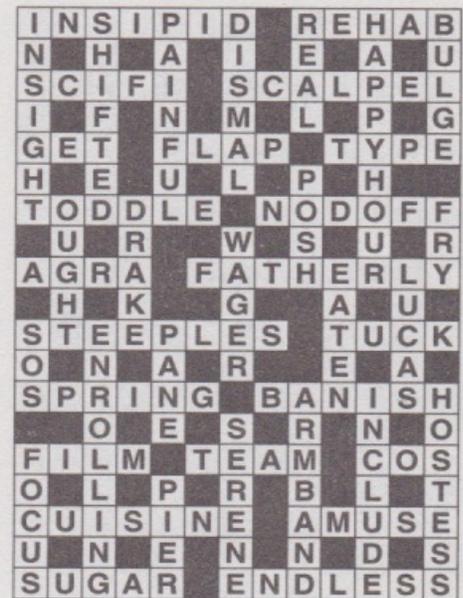
DOWN

- 1 Pot belly (6)
- 2 Brook, small river (6)
- 3 ___ the Peril, *The Dandy* character (5)
- 4 Motivated (5)
- 5 Without sensitivity (4)
- 6 Brass instrument (4)
- 11 Accessories (6)
- 12 Water down (6)
- 14 Concerning (5)
- 15 Release your grip (3,2)
- 17 Period over Christmas (4)
- 18 Nil (4)



ANSWERS TO LAST WEEKS PUZZLE

18 - 19



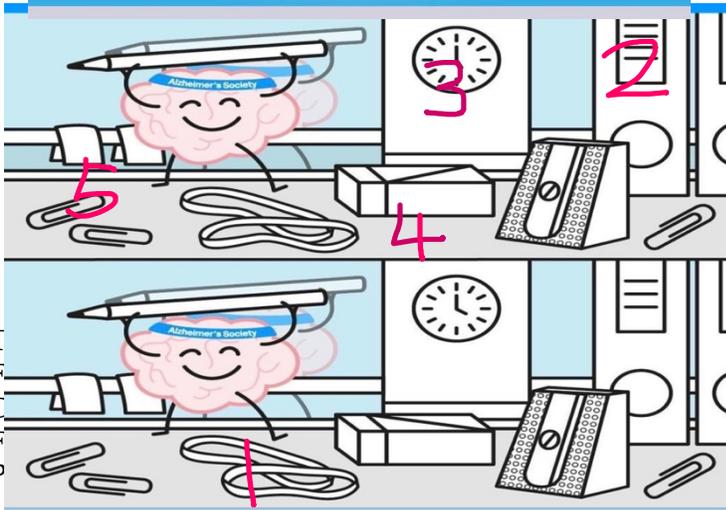
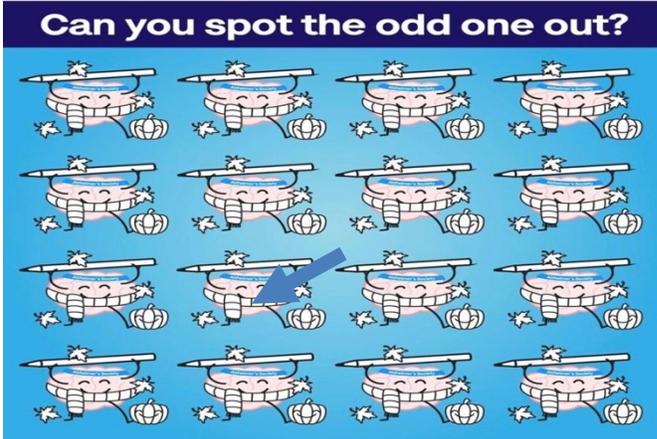
For DVDs Check the list in previous editions and book

Quiz Time



alzheimerssoc
Sponsored

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T
F
I
F
P

BRAINTEASERS OFFERED BY MARGARET....

A bin weighs 20 lbs

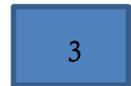
A man fills the bin

It now weighs 18lbs

With what has he filled it?

Answer holes

Connect the utilities to each house with any connection crossing. Still working on the answer to this just like the waterboard.



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USE THE DONATE BUTTON ON THE HUB'S WEBSITE www.thehubathenley.co.uk



THIS QUIZ IS DESIGNED FOR THE OLDER GENERATION

1. What was nationalised in 1956 by Gamal Abdel Nasser?
2. How many pennies were there in a pre-decimal pound?
3. The Reichstag building is in which European city?
4. What was founded by General William Booth in 1865?
5. Which sitcom character often says the words: 'I don't believe it'?
6. What river flows through Cardiff city centre?
7. How many feet are there in a fathom?
8. Who was the leader of the Soviet Union from the 1920s until his death in 1953?
9. How many holes are there on a typical golf course?
10. Which park in New York City is the most visited urban park in the United States?
11. The Cartwright family lived on the Ponderosa ranch in which TV series?
12. What is often called 'the old lady of Threadneedle Street'?
13. Vegemite is a dark brown food paste popular in which country?
14. What colour branding is associated with the budget hotel chain Premier Inn?
15. Which glove puppet would you associate with Mr. Derek?
16. Which actor played the title character in the seventies TV detective series Barnaby Jones?
17. Which dance originated in the 1880s in the Argentina and Uruguay border region?
18. According to the [bible](#), how many people were at the Last Supper?
19. Which planet is closest to the sun?
20. What is the name for a young kangaroo?

NEED HELP OR ADVICE? CONTACT PETER
MOB NO 07974573582