

I hope you are all enjoying a good Easter at home. The weather has been terrific for gardening and sun worshipping, but I know that you are looking forward to the puzzles and activities that our U3A can provide.

Several Groups are still active through this period of isolation, so get in touch with your Groups Leaders and see what you can do in your Groups to pass the time away.

Thank you to all those who have contributed to this Groups News. I am now looking for contributions for the next Groups News, deadline 25 April, so please send in quizzes or articles to keep us all in touch. And don't forget to phone your friends and Group Members frequently to make sure they are alright, or just to have a chat.

Keep healthy John

GARDENING NOTES

Many people have been able to make good use of the fabulous dry and sunny weather that we've been having since the spread of the virus. The need to keep safe in and around our homes has been so important. So the Gardening group share a Facebook page and many members have been posting photos. Spring is always a hopeful time of year in the garden and out in the hedgerows. The blossom and bulbs have been particularly colourful this year. A few of us have been planning and preparing new areas in the garden or simply digging over beds and borders ready for a summer display. We have also helped identify some new plants and can always offer gardening advice if anyone has any questions.

Enjoy the fresh air, remember 'a garden is a playground for adults'

Good for mind, body and soul.

Best wishes,

Sue Flanagan 😊🌷🌷🌷

ART SOCIETY LECTURES

NADFAS has recently changed its name to the Art Society, and is putting online a series of fortnightly lectures that you might like to link to at

<https://www.artsandcollections.com/the-arts-society-launches-free-digital-platform-aimed-at-over-60s>

the first lecture is on Las Meninas – and they are all free !

COMMUNITY SUPPORT GROUPS

For the Hawkhurst Community Support group, to volunteer or for assistance, please phone 01580 453015 or email hawkhurstcommunity@gmail.com

And for the Ticehurst and Flimwell Community Friends phone 01580 849280

FACE MASKS

The Craft Group are keeping busy through these prolonged periods at home, and one of the things they are doing is sewing their own face masks. If you would like to make one just go to the Craft Group section of the Hawkhurst U3A website at <https://www.hawkhurstu3a.org.uk/> or go direct to <https://www.craftpassion.com/face-mask-sewing-pattern/>

THE BRIDGE GROUP

by Ruth McChesney

"Bridge is for fun. You should play the game for no other reason. You should not play bridge to make money, to show how smart you are, to show how stupid your partner is, to prove that you are the greatest teacher since Socrates, to show off the latest fad in bidding or to prove any of the several hundred other things that bridge players are so often trying to prove." Charles Goren (American bridge player)

We are so lucky in our U3A to have such a popular bridge group, started up by the wonderful Pam Barker (who has forgotten more about the game than most of us, sadly, will ever learn). Pam's ill health now means we have to miss her guiding hand and sage advice, but the group members are still very regular attendees. We have a wide range of experience available for everyone to tap into, so if you'd like to learn, improve or brush up skills you last used many years ago – do please come along when you can. You will be made most welcome. Just contact Tim Sparkes (timsarkes19@yahoo.com) or Ruth McChesney (01580 753991 or mcchesneyruth@gmail.com).

Why play bridge? Because:

- It's social – it's a great way to meet new people.
- It's a game for all ages.
- It's good for the mind. It is a mental workout unlike any other and is one of the few activities to stimulate both halves of the brain in equal measure. Playing bridge uses and develops logical thinking, inferential analysis, problem solving skills, sequencing, visualization, lateral thinking, long and short-term memory, observation and psychology (or cunning!).
- It brings health benefits. Playing bridge regularly will keep your brain young and your mind alert, and recent research has suggested that it may even stave off degenerative diseases such as Alzheimer's.
- It's great fun! If you can play bridge you will never be bored. Bridge truly offers a unique combination of challenges and with every deal different, success depends on a combination of technique, teamwork and tactics.

A (very) brief history of the game

Bridge can trace its ancestry at least to the early 16th century and is a development of whist. There are many theories as to the derivation of its name, but the Oxford English Dictionary claims that it is the English pronunciation of a game called Biritch, also known as Russian whist. In 1904 auction bridge was developed, in which the players bid in a competitive auction to decide the contract and declarer. Contract bridge, the modern form of the game, was the result of innovations to the scoring of auction bridge made by Harold Vanderbilt and others.

A (very) short description of how bridge works

Bridge requires four players – formed into two partnerships. You sit opposite your partner, and all the equipment you need is a pack of cards. The game consists of several deals. The cards are dealt to the players, and then the players "bid" in an auction to take the contract, specifying how many tricks the partnership winning the contract (the declaring side) needs to take to receive points for the deal. During the auction, partners (through their bids) communicate information about their hand, including its overall strength and the length of its suits. The cards are then played, the declaring side trying to fulfil the contract, and the defenders trying to stop the declaring side from achieving its goal. The deal is scored based on the number of tricks taken, the contract, and various other factors which depend to some extent on the variation of the game being played.

It is recommended to be nice to one's partner! A wise (and very good) bridge player we know said there are only two things one should say to one's bridge partner: "Well played, partner!" or "Bad luck, partner". However ... Charles Goren (he of the quote above) also remarked, "The game of contract bridge creates more arguments than any other card game in history. I believe this is part of the game's fascination."

BIOQUIZ

by Ashby Merson-Davis

1. Why can't you kill a virus? (So many articles, tweets etc say things like 'Wipe with diluted bleach to kill the virus.)
2. What great biological discovery was made in the same year as the Queen's coronation?
3. Dodder is a parasitic plant whereas mistletoe is a hemiparasitic plant. What is the difference between parasitic and hemiparasitic plants?



Dodder
(orange)



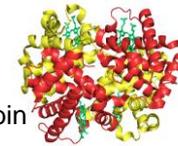
Mistletoe

common
venom?

4. What
plant contains the following in its

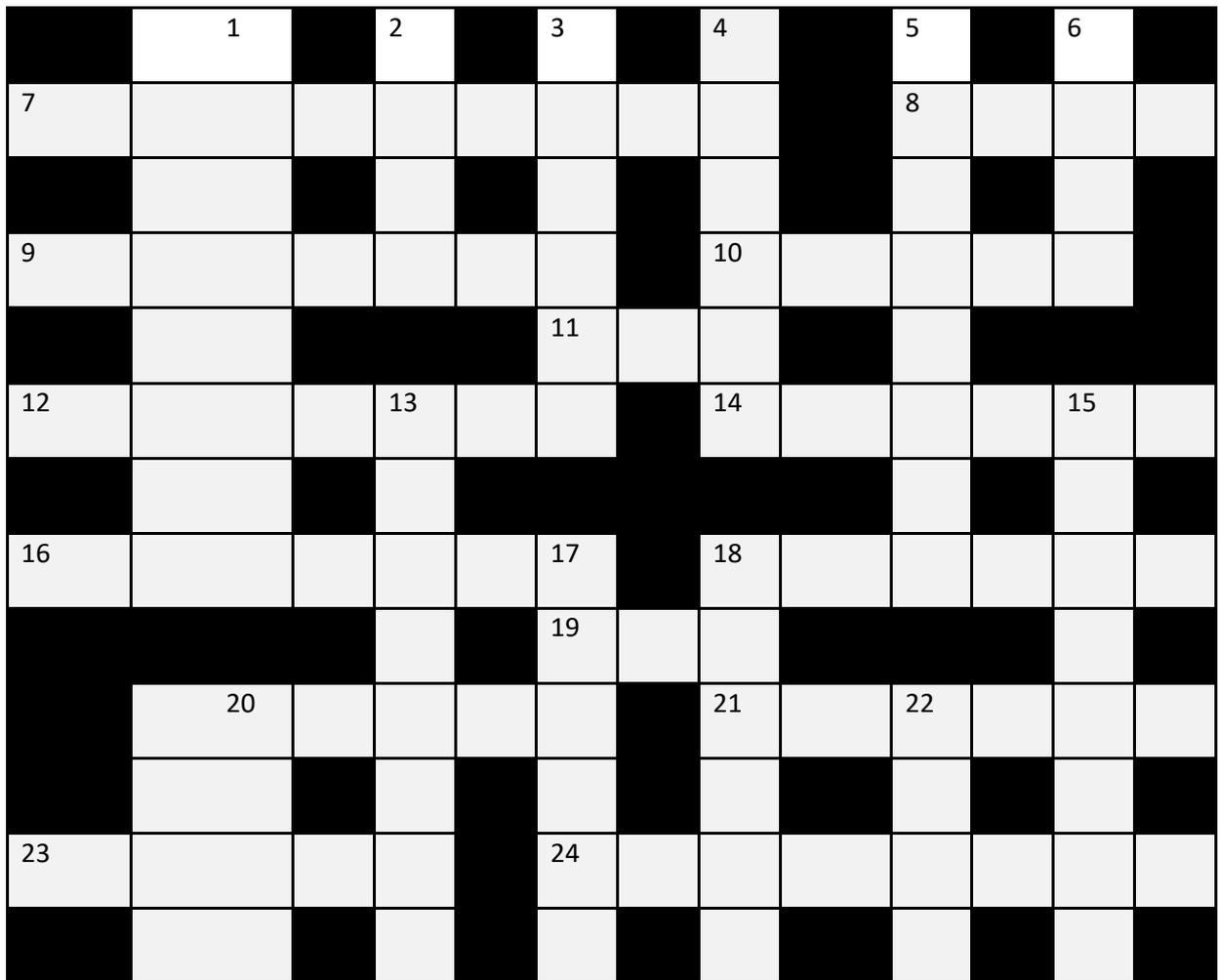
Neurotransmitters - histamine, acetylcholine and serotonin,
Acids – formic, tartaric and oxalic.

5. In what structure in the body will you find a neurotransmitter?
6. You have two types of gland in your body – exocrine and endocrine. What is the difference between the two and can you give an example of each?
7. Red blood cells contain the oxygen carrying pigment haemoglobin. Which metal ion forms part of the structure of haemoglobin?



A haemoglobin
molecule

8. How many nerve cells (neurons) are there between a pain receptor in your big toe and the base of your spinal cord?
9. The alveoli in the lungs are lined with a fluid containing a surfactant. What essential role does this surfactant have?
10. When you have an allergic reaction, e.g. hay fever, white blood cells called mast cells release a chemical. What is the name of this chemical?
11. Why does looking at a computer/tablet/phone screen last thing at night prevent you going to sleep easily? (Recent models have a blue light switch to prevent this from happening.)
12. DNA is a remarkably simple molecule consisting of only 6 components – a sugar, a phosphate and four different bases – formed into a ladder-like structure. Which of these components form the genetic code?
13. Four scientists, Francis Crick, James Watson, Rosalind Franklin and Maurice Wilkins, were involved in the discovery of the structure of DNA but only three of them received the Nobel Prize in 1962. Which one of them did not and why?
14. Approximately how many metres of DNA are there in say one of your skin cells?
15. Approximately how many genes do humans have?
16. The smallest bone in the human body is approximately 3 x 2.5mm. What is its name and where would you find it?
17. Most cells in the body contain 23 pairs of chromosomes. What is the difference in these chromosomes between males and females?
18. Approximately how fast, in metres per second, does an impulse travel along a nerve cell?
19. Who were the two scientists who, independently, put forward the theory of evolution in the 19th century?
20. What was the name of the monk who discovered the mechanism of inheritance, and what plant did he use for this?



ACROSS

- 7. Covered walk brings it closer (8)
- 8. One posh twit? (4)
- 9. Old writer with editor undone (6)
- 10. The middle of faint over way (5)
- 11. Short stare at the void (3)
- 12. Mysteriously odd delay around vessel (6)
- 14. Finish in attempt to be fashionable (6)
- 16. Position of small brown church (6)
- 18. Signed for plan (6)
- 19. Garland from Leicester (3)
- 20. Arab comes back in a short time (5)
- 21. Reason to cut beer to get portion (4)
- 23. Cut back and ring for game (4)
- 24. Enlarge within margin? (8)

DOWN

- 1. Then leap around animal (8)
- 2. Large electrical charge makes cat appear (4)
- 3. Some talk of Dave going yachting initially - not interesting! (6)
- 4. Immediate help for a speaker? (6)
- 5. Socialists with German dog give great numbers (8)
- 6. Thin around tip (4)
- 13. Jumper has doctored organ with article - -alright down the outside (8)
- 15. Douse hog around animal's quarters (8)
- 17. Draw out lawful point first (6)
- 18. Indicate terrible heartless clot (6)
- 20. Exist with two rings for instrument (4)
- 22. Long journey in Sartre kingdom (4)