



Senior

Moments

*The Newsletter of the Bookham & District
University of the Third Age*

Issue 67

July/August 2020



finding potin at Betchworth



Potin both sides



Henry III cut half long cross penny 5p and fragment of belemnite



Middle: Victoria 1861 silvered and pierced farthing, round pound, musket ball
Bottom row: 2 Roman coins, Charles II halfpenny circa 1640 (all found in 2 Bookham)



Charles I circa 1640 Rose farthing

See pages 8 & 9 for the full story

Bookham and District U3A

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We are certainly living in strange times that none of us has ever experienced before, and when will it all end? One of the good outcomes of all this is to see how resourceful some people really are. We still have our meetings only instead of us coming together in the Barn Hall we set up Zoom meetings, some of which have been most successful. I particularly like the fact that you cannot only see all the other people who are there but they all have their names attached!

This issue of SM has fewer photos than normal but a lot more text for everyone to read and there are some most interesting pieces, we even have French with a recipe and fortunately, for some of us, there is a full translation. Anita has her regular vegetable gardening contribution, and Frances Fancourt has written up all that the Metal Detection Group have discovered over the past six years. For the artists and those who appreciate art, Patricia Steven has written a most interesting piece. Our Chairman, Roger, is showing photos he has taken and compiled alphabetically all over the world. I have put in my piece about Isaac Newton who was caught up in the last big lockdown. Lets just hope this time there is some dedicated scientist who will come up with a revolutionary theory. Judith has done Garden Lectures during lockdown and Paula Reglar's lockdown contribution is about her reading group. Finally, Val Cross's Wine Group had a Zoom meeting.

The lockdown really seems to have inspired so many members to write articles for Senior Moments, I just hope they and others will continue sending in articles when all this is over.

Maurice Baker

Cover picture an oil painting by Patricia Stevens of Bookham church.

Chairman's Report

A milestone was recently reached as we passed the '100 Days of Solitude' (to misquote the book title '100 Years of Solitude' by Gabriel Garcia Marquez). COVID-19 has had the greatest impact on our lives of any event I can remember in many years. The effect on our economy and the impact on the lives of the younger generation will be felt for many years to come.

In terms of our U3A, I am really pleased at the support we are getting for our virtual talks. There have been occasional technical glitches but, having read of the many emails you have sent me, it is obvious you are enjoying them and they are maintaining the momentum of our U3A. Our Speaker Secretary, Frank, has done a great job and we have a full programme of virtual talks going forward to the end of the year.

How soon will we be able to meet again in the Old Barn Hall, I have no idea. But we will only do it when it is safe to do so. In the interim we will continue to follow the Government's advice and restrict our activities to those which can be conducted safely, without putting our members at risk. We will continue to keep you informed as the advice evolves.

I hope you are enjoying this unusual summer. The weather has been particularly good and our gardens are showing the results of the additional attention they have received as we have time to spare during lockdown. And finally we have been able to have some, albeit limited, access to our family and friends (and very importantly, hairdressers!)

Our local shops and businesses have done us proud during the past 100+ days and I sincerely hope we are all going to continue supporting them in the times ahead. They deserve our support.

My thanks as ever go to Maurice for putting together another excellent magazine, this time focused on our time of Vulnerability, Social Distancing and Isolation.

Enjoy this edition of Senior Moments, keep safe and I look forward to seeing you all again soon.



French Back To Basics on Zoom

J'e suis membre de ce groupe et j'apprends le français après avoir étudié le français au collège. Pendant le confinement lié au Corona virus dans nos discussions Zoom, nous avons parlé de nourriture et de boissons et de ce que



nous avons préparé en particulier de nouvelles recettes. J'aime cuisiner et essayer de nouvelles

idées. J'ai regardé le programme télévisé 'The Hairy Bikers' et appris à faire des Ensaimadas de Majorque. Ces sont des petits pains faits de pâte à pain sucrée qui contient des oeufs et remplis d'un mélange d'amandes douces.



J'ai suivi une recette de Waitrose et fait de petits pains remplis de bleuets et de fromage à pâte molle. J'ai fait une grande tarte aux amandes et aux abricots sur une base de pâte feuilletée que j'ai coupée en beaucoup de morceaux.

'Betty's Shop' à Harrogate m'a envoyé des recettes de Hot Cross Buns et de Swiss Roll.

Celle-ci étaient faciles à préparer et agréables à manger. J'ai un congélateur donc après avoir mangé une petite quantité de chaque recette, je congèle le reste et nous mangeons cela en petites quantités pendant des semaines.

I am a member of this group and am learning French after last studying French at school. During lockdown in our Zoom discussions we talked about food and drink and what we had been cooking especially new recipes. I enjoy cooking and trying new ideas.

I watched the Television programme The Hairy Bikers and learned how to make Ensaimadas from Majorca. They are small buns made from a sweet bread dough that includes eggs and filled with a



sweet almond mixture. I followed a Waitrose recipe and made small bread buns filled with blueberries and soft cheese which were also very good. I made a large almond and apricot tart on a puff pastry base and made a large tart which cut up into a lot of pieces. Betty's Shop from Harrogate sent me recipes for Hot Cross Buns and a Swiss Roll. These were easy to make and lovely to eat. We have a freezer so after we have eaten a small amount from each recipe I freeze the rest and we eat that in small amounts over a number of weeks.

Judith Witter

Vegetable Gardening

In April we postponed our trip to the Grace & Flavour Walled Garden in West Horsley due to lockdown. Our May meeting took place via



email in our own homes at our normal time of 10.30am. This proved to be a great success.



I began by sending photos of my allotment plot and garden with snippets of how my growing season was progressing. My main excitement was the new very smart bespoke fence which had been put up between my plot and Calbrook Coachworks.

Gordon has been enjoying working in his garden sowing vegetable seeds along with tending to his fruit and flowers.

Liz has been busy sowing seedlings in her greenhouse and raised beds where she has garlic, parsnips, radishes, beetroot, spinach and carrot. Her tomato plants are growing, and the lemon and tangerine trees are flowering in her greenhouse. Her plum saplings had blossom for the first time this year and a few plums have set – very exciting after a four year's wait.

Michelle reminded us that it was 'World Naked Gardening Day' and the weather was perfect! Her husband collected hazel poles on local walks before lockdown and built a wigwam tunnel. She had planted out the mange tout peas, and the beans will go along the other side. Some marigolds are sunbathing in the middle – destined to be companion plants for the other vegetables.

Brian has been growing green manure (nicknamed POO) which is now 40 days old and 21 cm high. It will be ripe for harvesting in 10 days.

Lee has been growing 'micro greens' until she can harvest her salad crops. She discovered strawberries growing in her border from last year.

They seem to be growing like a bush instead of growing out so she will wait and see how they develop.

Wendy sent us a picture of seedlings taken that morning now out of the way of those pesky snails. She went out earlier to look at the cut and come again lettuce and the snails



had cut and eaten them!

Stephen and Jane have planted their peas and runner beans and the potatoes are coming up and

the strawberries are flowering. Jan has tomatoes growing in her greenhouse. Some 'Red Pear' a plum variety she bought and some from Liz's tomatoes which she grew last year from hers. Also 'Sungold' which she purchased from Cobham Allotments.

Nikki managed to get deliveries of compost and manure from Wickes, The Vineries and Squires enabling her to fill her new raised beds and some have been planted up. There are Charlotte potatoes in sacks and a strange potato planter from Lidl.

From our seed swapping meeting Annie's dwarf beans and runner beans are doing well. Strawberries and raspberries are looking good and a cucumber has come through. A kind neighbour has offered her a couple of courgette plants.

David now has two compost bins and a greenhouse. He has mixed some ash from the bonfire to the 'ready' compost bin but realised that the

missing component is some bone meal. Two of his raised beds have broad beans planted in stages from the autumn to try to stagger the harvest. We finished by enjoying a 'virtual' slice of Michelle's special birthday cake

Anita Laycock



U3A Metal Detecting Group

– six years of digging

Since forming the Bookham U3A Metal Detecting Group in late 2013 the group has evolved into a small cohesive group of enthusiasts. When we started none of us had done any detecting, but luckily there were some ex-detectorists from whom we could glean a bit of help. We dug holes in my lawn and found jar lids, ring pulls and nails. More recently I discovered a buried bicycle: I only unearthed a bit of the back mudguard and the front forks but I know where the rest lies. Before organised rubbish collection most people buried their household waste if they had a large enough garden. The earth along the back fence of our property is about 10 inches higher than the rest of the garden – evidence of waste disposal long before we set foot in Bookham in the 1970s, and most of it still to be explored.

From these small beginnings I now feel that I have become a proper detectorist, having made some important local finds. There are metal detecting clubs all over the country and most of our current group now also belong to another local detecting group where we get access to a variety of digging grounds, membership of the National Council for Metal Detecting (NCMD) and its insurance, and most importantly, a regular visit by the Surrey Finds Liaison Officer, commonly known as 'the FLO'. I keep a little pot labelled "Show the FLO" into which I pop anything I think will be of interest. Many items pre-1700AD are taken away for recording on the national database of the Portable Antiquities Scheme administered by the British Museum. Our local FLO can also be contacted directly through the Surrey History Centre in Woking which is where much of Surrey's finds are catalogued, photographed and recorded as part of our unique history. The FLO is always very happy when we present items found in Surrey because oddly enough, Surrey does not have as many finds recorded as many neighbouring

counties. The old Roman cities located in London, Winchester and Canterbury - and their interconnecting roads - largely passed Surrey by. But that is not to say that we didn't have Romans here – we did, and Bookham has shown us that they were not the first to trade in the area. The Lower Road and the A246 are old routes which have probably been used for over 2500 years. Roman pottery and coins have been found between the two roads and I was lucky enough to find a pre-Roman potin coin in Bookham too.

The Greeks started making coinage around 600BC in Lydia (now Turkey), and the Romans in 326BC. These coins often depicted gods, horses and bulls. The use of coinage spread westwards across Europe and the first coins imported into Britain came from northern Gaul (Belgium). Massalia (Marseilles) cast coinage spread across to the Cantii Celtic tribe in Kent where the earliest Celtic coins produced in Britain cast in an alloy of bronze and tin – the potin – were produced in Kent from around 75BC. Replicating the Greek coins, my first potin, found in Betchworth, depicts Apollo and a square line-drawn bull. My second potin, found in Bookham (hurray!!) depicts again Apollo and a stick-line-drawn bull.

My first potin looked like bright aluminium – much like a modern ring pull with a design on it. I had no idea what it was. When digging with a group one passes another detectorist with usually a nod or a "found anything?". I had thought my shiny object might be a bit of modern belt fitting (my brother's cowboy belt in the 1950s came to mind) but I dug it out and showed it to Andy. He immediately said "Wow" and called over the next closest detectorist and combinedly they informed me what a tremendous find it was. A very quick history lesson later and I was being photographed with what has been described as the best condition potin to have been found in Surrey. So good in fact that it has since been displayed on the home page of the British Numismatic Society's website.

Six weeks and a lot of Celtic coin research later, I knew exactly what I had found

when my second potin came up in a field in Bookham. The condition was not as good, but I believe that it takes the history of Bookham back to a more certain place. We know that people were passing through Bookham, trading with coins before the Romans ruled here and we have found many coins from different eras in the same area.

Many more finds were to follow in Bookham both for me and for others in our U3A metal detecting group including another fragment of a potin for another member of our group. A Roman trumpet headed brooch complete with traces of blue and red enamelling, 3 silver cut-half long cross pennies of Henry III (1216-1272AD), Roman radiates and nummi, an Elizabeth I silver half groat, a lead alloy musket ball from 17th-18th C, a silver clothes fastener, a fragment from a medieval copper alloy food strainer, and three 'curtain rings'! I really did not rate the curtain rings, but as the shapes were slightly different and irregular (i.e. hand made), I showed the FLO:- they turned out to be medieval pendant loops – clothing fasteners in an era before buttons. I warn the others now not to throw away curtain rings....

I have earned my own identity on the Portable Antiquities Scheme (PAS) database with 27 finds recorded ranging in date from circa 75BC to the 1900s – hence my decision that I am now a proper detectorist. We also have a keen numismatist and Henry III coinage expert in our group, and between us we have recorded around 50 items found in Bookham on the PAS database. And during lockdown the PAS database recorded its 1,500,000th item, most of which have been found by detectorists around the country, a remarkable contribution to history.

For detectorists, lockdown came at totally the wrong time of year. The days were lengthening, the fields, loosened by the cold and wet of winter, were being ploughed, and new treasures were being lifted to a detectable depth. I drive past a newly ploughed field with quite a longing to be out there in the knowledge that

there is always something new to be found.

The NCMD threatened to expel any detectorists seen out detecting and the U3A groups all stopped under the Stay at Home rules. I encouraged the group to dig their own gardens but that was a poor substitute. As soon as the possibility of meeting another person outdoors for exercise was permitted – and the NCMD gave detecting permission once again - I resumed digging with a friend from the group. That slowly evolved into meeting six people outdoors for exercise, so the whole group was able to meet again as a group of friends (I always ensured that we were not over the limit of six people, and there was usually somebody who could not make it anyhow). Detecting is the ideal self-distancing hobby; it is impossible to detect close to someone else both because of the necessary swing and because the machine's electric field shrieks when another machine gets too close.

We haven't struck gold in Bookham yet, but the wealth of history that I have learned since taking up detecting is testament to what an interesting hobby it is. Every find leads one into a wealth of research of that period in history.

If you are interested in metal detecting new machines can be bought from £100 upwards; a reasonably competent machine costs around £250, and it is very easy to spend £1000 or more on a top model. A small hand pointer is also used by most detectorists costing £70-£150. A spade and the ability to dig out your finds are the only other requisites. Our group meets on the second and fourth Wednesday of each month.

The most difficult thing is finding new land on which to detect. A field which is ploughed yields new finds regularly so are top choice, but pastures and woodlands are also good hunting grounds. Two Bookham U3A members have kindly allowed us to detect on their pastures, but these have largely been exhausted. If you can put us in touch with owners of fields or farms we would be most grateful.

Frances Fancourt

See page 2 for photographs of findings

Inspirational painting places.

There is no doubt, in my mind, that to be able to walk where great painters have walked, to eat where they ate, to sleep in their home, and to be steeped in the countryside where they painted, is inspirational.

Flatford Mill, built approx. 1773,



in East Bergholt, Suffolk is one such place. There is a small plaque on a wall in the village which marks Constable's studio. The mill, which was Constable's family home, although now used as a Field Studies Centre, has retained a lot of the



original features from Constable's time and is situated by the River Stour. Willy Lot's House, 16thC,

overlooks the river which provided the inspiration for The Haywain, one of Constable's well known paintings.

The 14thC farmhouse, Valley Farm, is close by. This medieval building houses an open hall with an inglenook fireplace. This is very paintable or, if your programme for the day is to paint in the nearby fields, you can reach them by walking along a little country lane from the Mill to where you cross over a bridge and stile into the fields by the river overlooking Dedham in the distance.

I have painted there several times, sometimes being kept company by a local herd of cows. On one occasion when painting with a friend we found ourselves being approached by some young cows. I wasn't feeling too happy with this event so packed up and retreated to the bridge. My friend however stayed put and it was amusing to watch the now surrounding circle becoming closer around him, reaching out to sniff at his easel and painting materials. However, he came to no harm and in time the cows moved on.

There is a rather amusing story about a member of an art group who having completed her painting, rested it against a tree whilst she made her way back to the Mill with her other art materials. During the time she was away, the cows steadily made their way across the fields and, on finding her painting, proceeded to clean off the canvas! Her comments are apparently unrepeatable!

Pin Mill, about a 25 minute drive

across little winding country roads from Flatford, is another favourite painting place and is often on the Field Studies painting course. It is full of boats of varying ages, most are house boats and there are still the remains of old wrecks left half buried in the sand. An old Thames Barge is usually to be found



berthed by the shore not far from the Butt and Oyster Pub. The views across the River Orwell are beautiful and it is possible to see these majestic vessels sail up or down the river from time to time. The annual Thames Barge race starts from here and makes its way down to Malden where you can often see several of these majestic vessels moored. Malden is another lovely painting spot, imagine the scene, the foreshore leading up to where the barges are moored, alongside the village church and houses.

Another favourite painter of mine is Edward Seago. His Dutch house designer styled home is still in the nearby village of Manningtree. The River Stour flows nearby providing more painting opportunities.

In the village of Dedham close by

to East Bergholt is Alfred Munnings' house which is often open to the public. Some of his famous horse paintings are hanging in the house and are certainly worth viewing.

Staithes, situated further up the east coast just north of Whitby, is a small village overlooking the sea. Public car parking is at the top of a steep hill overlooking the village and stunning sea views. David Curtis, a modern day painter, has a cottage there and quite a number of his paintings are of this area. Dame Laura Knight was one of several painters who put the Staithes School on the map in the 19thC. They were inspired by the French Impressionists and painted plein air in oils or watercolour.

Then last, but certainly not least, is Venice; it is unique. The light is wonderful, the sparkle on the water



reminds me of diamonds glistening in the sun. It is such a magical place and if water and boats, especially the gondolas, are what you enjoy painting, you don't have to look far. There you are spoiled for choice.

Around the World in 26 Images.

One of things that has kept me occupied during this period of lockdown has been my photography. Not just taking lots of images in the garden and locally whilst taking exercise, but also sorting out my extensive library of photos. And then there were various projects, including this 'global' one.



United Arab Emirates

It will start with a simple challenge from a friend on Facebook. It was to "Post 10 travel images from 10 different places". Superficially a



Athens

relatively simple task—but then I had to complicate it.

Not satisfied with a random set of 10, I decided to follow the alphabet and before you know it the challenge had grown to 26 images, one from each letter from A to Z and if that wasn't



Kotor



Pierrefontaine Castle

difficult enough all of the photographs had to be my own and where possible from different countries! In one easy step I went from simple to very complex and I was determined to give it a go.

Planning was required and early on some difficult letters were identified and they all tended to be in the latter part of the alphabet. After an easy start

of Athens, and the changing of the guard at their Parliament, Bologna was swiftly followed by Cartagena in Colombia. (A Caribbean cruise proved to be very useful and also contributed Grenada, Oranjestad in Aruba and Willemstad in Curaçao)

My favourite cathedral, Ely, was the sole entry for the UK. As for the difficult letters, the beautiful mediaeval city of Kotor in Montenegro, the classic



Xunantunich

Pierrefonds castle in France and the United Arab Emirates were all very useful, but the real challenge came with the final letters, X, Y and Z.

Thankfully I remembered that during my army career I had been to Belize and visited the Mayan temple at



Santorini

Xunantunich, and still had a photo, and Yosemite in the USA is my favourite photo destination in the world.



Yosemite

That left the final letter Z. After much memory searching I remembered that Cheryl and I had visited Zion National Park on our silver anniversary holiday trip to the western USA. I had my final letter! But, it had poured with rain on the day we went there and the very few photographs we took in those pre-digital days were poor and had not been retained in the album. So, I failed at the last hurdle and had to use an image from the Internet. It was the only image that was not my own work.

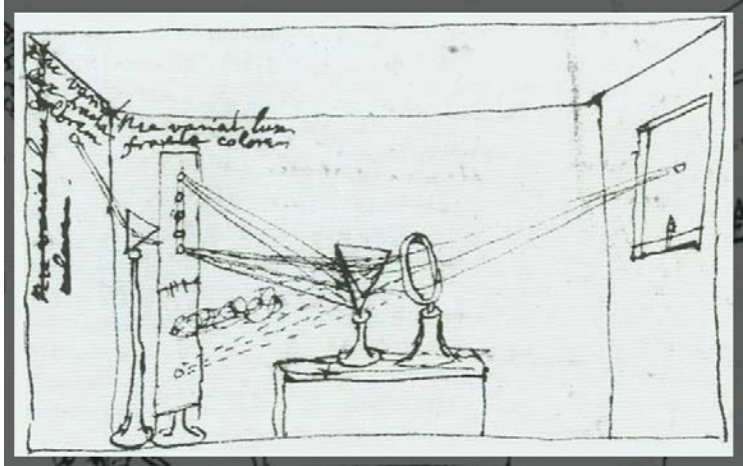
In the end it was around the world in 25 of my own images plus one from the Internet, spanning 24 countries (Greece and USA each had two) and the images have been taken over the last over 30 years.

It was enormous fun, brought back many happy memories and all I need now is another challenge.

Roger Mendham

Important discoveries during lockdown

The last time there was a really significant medical crisis in this country was in the mid 1600s when even Cambridge University was closed and the students were sent home. One student who returned home to Lincolnshire was Isaac Newton and one story goes that it was there an apple fell on his head and as a consequence he wrote up the laws of gravity. Its not the apple story nor indeed the revolutionary telescope he produced at this time,



but his work on optics that interests me. Apparently he had bought a prism in a Cambridge market and with this he worked out the theory of light. A prism is a block of glass with its sides at 45 degrees to each other. Newton took the prism

into a darkened room on a bright sunny day and through a small hole in the shutters at the windows he allowed a small beam of sunlight to strike the prism and the light projected out of the prism fell on a white surface in seven fairly distinct colours, just like the colours of the rainbow. Some people said maybe it was impurities within the prism that produced the colours but to disprove this, he made a slit in an opaque material and just allowed the red light from the prism to strike a second prism and he found the projected light was still red. He did the same experiment with the green and blue light and these two colours did not change either. His conclusion was that sunlight, or white light was made up of all the colours of the rainbow. He did not write this up until 1672 when his book 'Opticks or a Treatise on the Reflections, Refractions, Inflexions and Colours of Light' was published. This colour theory enabled James Clerk Maxwell, two hundred years later, to produce the first colour photograph from just three colours—these were of course the primary colours, red, green and blue—and this is still very much in use today. Often on newspapers and magazine three colours and black spots or squares

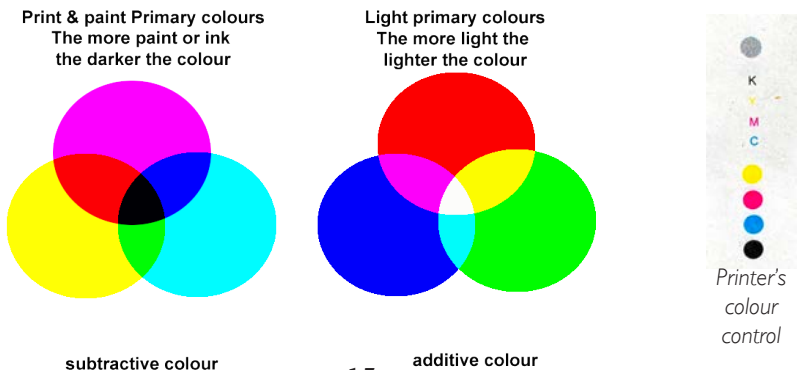


First colour photo 1861

can be seen where they act as control bars for the printers. There is often some confusion over primary colours, but the best way to think about this, I believe, is from a photographic perspective. The three additive primary colours are Red, Green and Blue and if you have the right equipment to look into a TV screen, a computer monitor, a digital camera's light sensitive chip or even the optic sensors of the human eye you will find these three additive primary colours because they all depend on light—without light there are no colours. Now, when we come to reproduce colours onto paper or a painter's canvas this is where we start with a white surface, where all colours are present, but in painting or printing on a substrate we are in fact subtracting from the white of the surface that is reflected to our eyes, when the colours are laid down. If you look into your computer printer or indeed any printer, even a very large printer that produces books and newspapers, you will find the inks are yellow, magenta and cyan and of course black for the text. In theory black can be produced from the three subtractive primary colours but it would be very difficult to get the three colours to register on the fine lines of the type and this is the main reason we have a separate black printing. It also adds shadow contrast in the illustrations. So the three primary colours in each case can produce all the colours required.

With the light additive primaries it can easily be seen how dark blues and purples can be made, but how do you get yellow out of red, green and blue? Yellow is in fact produced from red and green light and you can prove this by making a circle half green and the other half red. If this disc is spun at moderately high speed either on a spinning top or attached to an electric drill it will clearly be seen that the merged red and green do become yellow. If you have two projectors one with green light and one with red, where they overlap it will be yellow.

Now, wouldn't it be wonderful if some young student, somewhere, came up with a new theory on some subject that would benefit us all after this lockdown?



Garden lectures in lockdown

During lockdown I enjoyed lectures from Great Dixter Garden via Zoom. Two were given by Fergus Garrett on 'Layered planting in the garden' and on 'How self sowers can add to the layered system'. Layering is a form of succession planting so that a border is permanently planted to give a

that make large tulip bulbs for next year are planted in the borders as perennial bulbs because any that do not make a full size bulb for next year in a pot will just make leaf with no blooms on their second year in the border if the variety was used for extensive long term planting.

Tulips that work in the borders at Great Dixter but may not work in



continuous display. I was really interested to know how this works at Great Dixter and I discovered that there is a lot to learn.

Fergus Garrett decides whether to plant a variety of tulip in their garden borders by first planting them in pots or trial borders.

Once the tulips have finished flowering, they are fed and kept watered until all the foliage has died. They then examine the size of the tulips in the pots. Only those varieties

different soil are Jan Reus, Ballerina, Havran, Abba, Apeldoorn, Red Matador, Merlot, Daydream, Orange Emperor, White Triumphator, Red Shine.

Layering at Great Dixter is done by planting a number of plants in the same area of border so that as one plant fades others take over. For instance, in one border Tulip Jan Reus and *Smyrniun perfoliatum* are planted then as the tulips finish *Lychnis coronaria* and *Papaver commutatum* Ladybird take over; Tulip Havran and

Myosotis are planted amongst dormant phloxes and Eryngium;

Dicentra spectabilis are taken over by Hostas when the Dicentra becomes dormant. Often the tulips follow snowdrops. The snowdrops can be planted from front to back of a border where the main plants are deciduous as these will not have leaf when the snowdrops are in flower so



the snowdrops will be visible.

Narcissus Tete-a-Tete are planted amongst the mounds of ferns that do not open their leaves until the narcissus are over.

Plants can be layered so that they sit in between, under or on top or behind each other. In considering how to make this work you have to look at the active and flowering period of each plant. You also have to consider the size of leaf a plant has when active such as a tulip. If these have large leaves and cast a lot of shade the leaves of the first plant may overwhelm other plants that would grow and flower later as the later plants will simply not grow and survive if the amount of shade cast by the earlier plant leaves is too great.

Forget-me-not will swamp phloxes and not give them enough light to grow. Allium Purple Sensation can be grown with Hemerocallis but Allium Globemaster is much too big as the leaves create too much competition. Self sowers are allowed to grow in 'rivers' amongst stock plants.

Self sowers can be planted as seedlings or can be main plants that are allowed to self sow. Once the self-sowing system is established it is a matter of controlling where you want to allow self sowers to grow. Some self sowers are Ox eye daisy, Cow parsley, Papaver commutatum Ladybird, Lunaria annua Album, Lunaria annua Dark Form, Hesperus matronalis, Primula vulgaris, Geranium pratense. These self sowers are allowed in pockets marked out between areas that have planned planting. Ways of allowing self sowers is to mulch heavily where you do not want self sowers leaving unmulched areas where self sowers, can grow. Alternatively, the whole area can be mulched, and specific places have mulch pushed back to allow self sowers to grow. Care always needs to be taken in choosing self sowers not just for their fit in the border with other plants but also how fast they may spread and become a nuisance in your garden soil and growing conditions.

Judith Witter

Book Group 1 in lockdown

Lockdown has meant so many changes to our normal life, one of which is not being able to meet monthly with our U3A friends in groups.

Then the word Zoom was mentioned and this has proved to be such a lifeline. In our group we first tried it at the

beginning of April and after Harold had very kindly spent

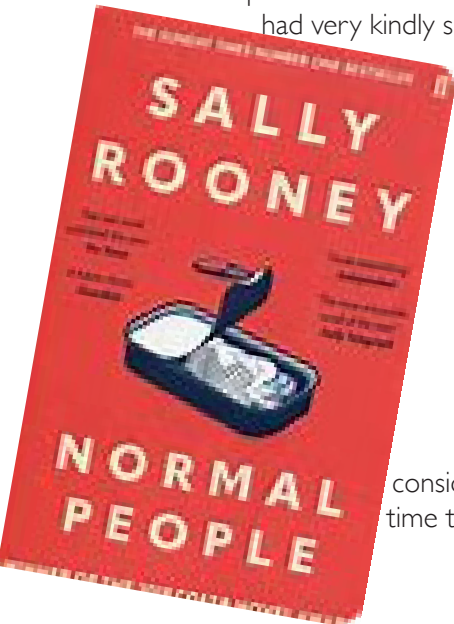
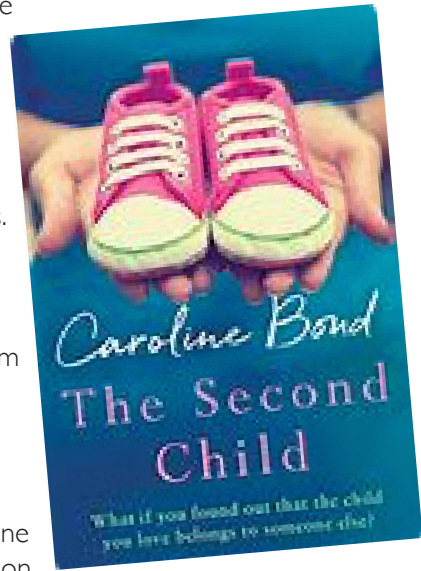
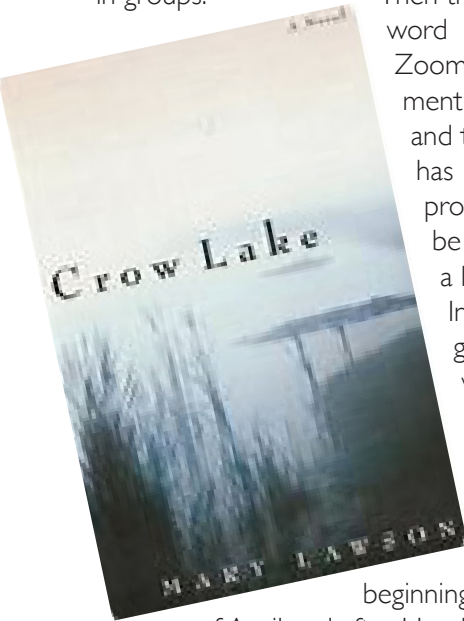
considerable time talking

through the process with some of our members, eight of us managed to log on, then nine in May and June and the other three

keep in contact and send me their marks and comments. We used to reserve our books at Bookham library but now use Kindles or buy paper backs on line and I pass on

my book each month to one of our members who does not even have a computer to be able to order on line - but never mind. Nobody feels left out.

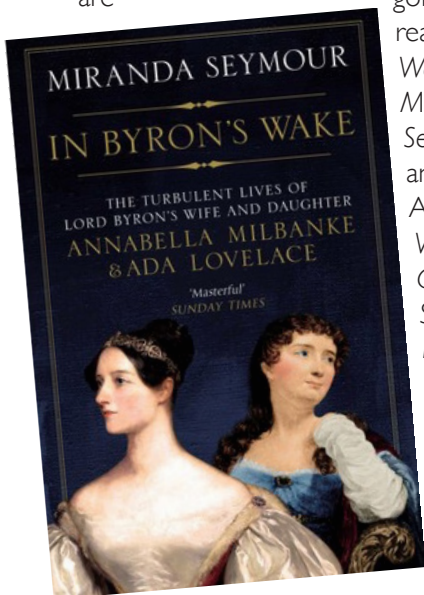
In this way, we are all still in touch and have not missed a single month's reading. In April we already had our planned book - *Crow Lake* by Mary Lawson - the story of a four children growing up in the wild terrain of northern Ontario after their parents are killed in a tragic accident and how they develop as they grow up. We had already decided to read *Normal People* by Sally Rooney at the May meeting and so our discussion also included comments about the television production, which provoked a very lively debate. Despite the general furore about this book/play, our



members' opinions and marks were not that high. Our last meeting in June centred round *The Second Child* by *Caroline Bond*, the very moving story of a family who discover that the disabled teenager they have cared for since birth is not in fact their own child, as her real mother had switched babies in the maternity ward. A blood test reveals the truth and this riveting book follows what happens as the parents of the two babies meet and get to know each other and each other's family and gradually realise how they must move forward.

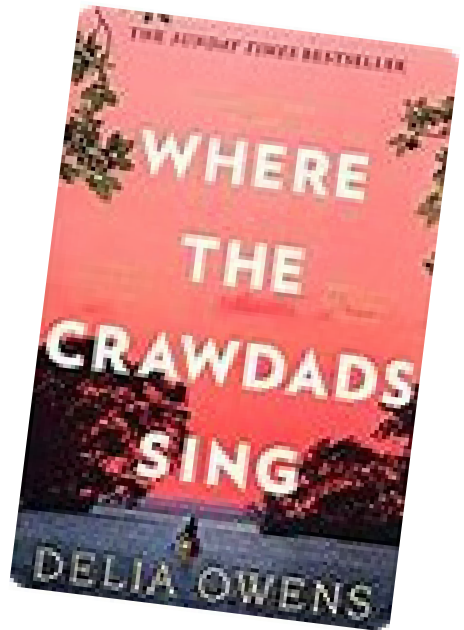
Our first Zoom In April allowed us double time, the second chopped us off at forty minutes but now we follow the best solution of forty minutes discussion, then a pause to make a cup of tea and then a further forty minutes, which gives us time to chat and to plan the future meetings. On July 2nd we are

going to read *Byron's Wake* by *Miranda Seymour* and on August 6th *Where the Crawdads Sing* by *Delia Owens*.



Marks for *Crow Lake* -
 Contents 8 Style 8 Enjoyment 8
 Marks for *Normal People* -
 Contents 7 Style 6 Enjoyment 7
 Marks for *The Second Child* -
 Contents 8 Style 8 Enjoyment 8

From these marks you can see that, on the whole, we enjoyed the above books. This is not always the case but we do always have excellent discussions and enjoy the interaction



on the Zoom screen. However, we all agree that it would be better if we could meet in the summer in someone's garden - even with loud hailers to allow social distancing!
Paula Reglar

Personal Thoughts On Lockdown

*A moth flew out of my lipstick
I wasn't really surprised
I hadn't used it for ages
Being unable to socialize.*

*I've spent more time in the garden
The roses are doing well,
But thanks to all that weeding
My knees are giving me hell!*

*As the car sat in the garage
The battery unfortunately died,
But the RAC gave me a new one
And now I can go for a ride.*

*As I climbed into the driver's seat
I said a little prayer,
It really was a relief to find
The gears were still all there!*

*Restrictions are being lifted
But I have little urge to roam
To visit pubs or make long trips
After weeks spent safe at home.*

*But today I decided to venture out
Unsure and a bit on edge,
Just down the road to local shops
To buy some meat and veg.*

*After three months in isolation
This meant a change of gear,
To go along a familiar route
And conquer that initial fear.*

*I'm glad I made the effort
To step out of my comfort zone,
I really did enjoy the change
Before returning home.*

*So with tentative steps now taken
What should I be doing next?
"Hasten Slowly" I think's the answer,
And I trust it's for the best.*

*Marion Kemp
July 2020*

