

# ***SOUTH WEST NEWS* .....**

January 2021

*Dear All,*

Wishing you all a happy New Year. Brexit has happened, vaccines are on the way (some of you will have had one by now) and maybe we'll even see the snow that we didn't have at Christmas! Other areas of Britain have had some already.



I was wandering on Maiden Castle last Friday and wondering what I might do to inspire some of our readership to send in something to share. For some reason I thought of pictures of birds.

Five minutes later as I was approaching a tree this kestrel landed and was very happy to pose as a model. Even as I walked right up to the tree he just sat there as we looked at each other. He looked better from the front to the naked eye but that angle put the afternoon sun behind him and didn't work for a photograph – not on my mobile phone anyway.

In a mild way it reminded me of a time when I was flying a paraglider in the Bavarian Alps and a pair of Eagles came to join me in a thermal. They don't half look big and scary at close range and after my initial shock and a minor panic less they might attack me and get tangled in my lines I realized that they were perfectly friendly. We just circled around for a while sharing the air in perfect harmony. Both were very pleasurable experiences.

If you have any bird pictures or bird stories then please share them with us.

Best wishes,

*Paul*



## SALLY BUNDOCK WRITES

I love the live chat at the beginning of our live talks when people say what the weather is like where they are. I don't really like snow too much and so was not envious of the member in Inverness who reported snow at the last talk. Here in West London no snow, of course, but plenty of rain, puddles and mud.

Registration is pretty easy - please just visit [www.mirthy.co.uk/NHSRF](http://www.mirthy.co.uk/NHSRF) and you will just need to enter your name and your email address for the talk you wish to register for and then you will receive an email from Alex with a link to click at the start of the talk. Live chat starts just after 10.45am with the talk starting at 11am. This together with the Q&A session makes an enjoyable experience. Remember replays are available on demand. Assuming a member registers for a talk they will receive a confirmation email with a link to join the talk live. This same link can be used for 7 days to watch a replay of the talk on demand.

The next 3 talks planned are:

**26 Jan. – 10.45am**      50 Years in TV – Jim Whelan

**9 Feb. – 10.45am**      My Mysterious Grandmas – David Clark

**23 Feb. – 10.45am**      Morecambe and Wise – Steve Short

*Having listened to several of these talks I can personally recommend them - Paul*

“The only mystery in life is why the kamikaze pilots wore helmets.” — Al McGuire

“At every party there are two kinds of people – those who want to go home and those who don’t. The trouble is, they are usually married to each other.”— Ann Landers

“How many people here have telekinetic powers? Raise my hand.” — Emo Philips



**MiC**





## MENTAL DIS-EASE

Quite possibly most people encounter some form of dis-ease and for some it can be chronic.

The current situation we are in does not help at all and it is all part of being human – but that doesn't make it pleasant.

There are however tried and trusted methods to feel relatively better than one otherwise would.

The NHS has a page that has been updated to reflect the extra difficulties that we are experiencing this year because of the pandemic. I have had a look and found a surprising amount of information

<https://www.nhs.uk/oneyou/every-mind-matters/>



**LIQUOR STORE ASSISTANT:  
HEY, DO YOU NEED HELP?**



**ME: YES, BUT I DECIDED TO  
COME HERE INSTEAD.**



## A FEW THOUGHTS FROM SALLY BUNDOCK'S FRIEND IN THE US

The dumbest thing I ever bought was a 2020 planner.

2019 - Stay away from negative people. 2020 - Stay away from positive people.

This morning I saw a neighbor talking to her dog. It was obvious she thought her dog understood her. I walked back into my house and told my cat. We laughed a lot.

The world has turned upside down. Old folks are sneaking out of the house and their kids are yelling at them to stay indoors!

The spread of Covid-19 is based on two things: 1. How dense the population is and 2. How dense the population is.

Never in a million years could I have imagined I would go up to a bank teller wearing a mask and asking for money.

I need to practice social distancing from the refrigerator. – That rather applies to me! Not to mention the cake tin!

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FOR THOSE OF US WHO FIND OTHERS DON'T RESPECT DISTANCE



As ever I welcome any feedback or suggestions and would love some contributions – current or from your archives.

Best wishes,

*Paul*