

Hollywood at Home, Issue 3 of 1 May

From Your Chairperson

Welcome to the 3rd Edition of *Hollywood at Home*.

What an adjustment we have had to make to our lives these past weeks. Yet our plants continue to blossom and grow, the birds delight us with their song, and with sunny spring weather, life carries on. The calming effect of gardening, fresh air and exercise out walking makes it all a little easier.

Our General Meetings and Interest Groups continue to be postponed until further notice. We will also deal with membership renewals at a later date.

Thank you to Robin and Rosemary for all your enthusiasm and hard work compiling this month's Magazine. Also thanks to everyone who has contributed interesting articles for us to enjoy. Please feel free to send Robin any articles, stories or quizzes that could be included in the Magazine.

Your U3a Committee hope you, your family and friends stay safe and well. Take Care as we continue to Learn, Laugh and Live together.

Liz.

Hollywood and District U3A Gardening Group

We value companionship even more in these days of social isolation but it is worth noting that it also has its place in the garden. Companion planting has been used for many generations to attract beneficial insects who will eat some of the nuisance ones, to attract pollinating insects, or to repel pests or at least to lure them away from your crops.



Here are some examples taken from recently published articles:

Grow sweet peas close to runner beans as they attract bees and pollinating insects to pollinate the beans.

Lovage is an excellent companion plant for all crops except rhubarb. It attracts pollinators and assists the growth particularly of strawberries and tomatoes.

Nasturtiums are great for attracting pollinators. They also attract cabbage white butterflies and aphids so to draw pests from other plants, treat them as sacrificial plants.

Mint, thyme, dill, sage and fennel should be allowed to flower as the blooms will attract pollinating insects.

Plant white flowering annual alyssum between lettuce and other salad crops. The white flowers attract hoverflies that feed on aphids.

Plant basil around tomatoes to help deter whitefly and other pests.

French marigolds can be used around vegetable plants that are attacked by aphids. When planted between tomatoes and cucumbers in a greenhouse they help to repel whiteflies.

To discourage ants, grow some mint which will also deter mice.

Plant spring onion (chives) between rows of carrots - the strong scent will help to deter or confuse carrot root flies looking for somewhere to lay eggs.

Grow taller plants such as climbing beans on the sunny side of lettuce and salad crops to provide shade and cooler conditions on warm sunny days. (*One has to be an optimist when it comes to our weather.*)

News from the 'Points of View' Group from Donal McFerran and Eric Woods

This year it was decided to refresh the Philosophy Group, which had been running successfully for a number of seasons, and to broaden its remit. Therefore, members' ideas were sought about a suitable title. What we came up with is the new title, 'Points of View', which now enables us to consider and discuss matters of importance to us as they arise in the broad context of everyday living, at home and elsewhere, including globally. Members are encouraged to suggest topics and to express their opinions, and are accorded respect for their views no matter how these might diverge from those of others. This has resulted in several very good discussions over the past few months on subjects such as:

'Did we really need to form an integrated schools movement?'

'Populist Political Leaders'

'Is Democracy the Dictatorship of the Majority?'

'Climate Change – is it now out of control?'

'Euthanasia'.

For the future, some of the topics which may come up are:

'Immigration – Enough Already?'

'Should China be allowed to rule the world?'

'Are men the new women? Where now for masculinity?'

And who knows? The chances are that at some stage we may even be able to stand back and calmly give our points of view on Covid-19.

We meet (when not in lockdown) on the last Monday of the month at 10.30 am in Room 4, Holywood Library.

Short Story

'For sale, baby shoes, never worn'.

The above is one of the most famous shortest short stories (now called flash fiction) ever written. It is just six words long and attributed to Ernest Hemingway in the 1920s. However, it is more myth, more legend than actual hard fact, that Hemingway himself actually penned the six-word short story. Whoever did write this shortest of short stories, it has a beginning, a middle, and an ending - one that haunts the reader with poignant wonder.

Dr Ken Kennedy

Shelagh Finlay has suggested that it would be good to include tributes to Healthcare staff in *Hollywood at Home*. I am grateful to Betty McLaughlin for sourcing a profile of Doctor Ken Kennedy, a Holywood GP whom many of you may remember.

Ken was a sporty young man. At Queen's University, he excelled in boxing, rugby and athletics. After qualifying in medicine, he began as a house surgeon. He then volunteered to serve at the start of the Second World War. In the first two years, when he was with the Home Fleet, he was wounded three times.

In 1941 he married Connie. Their first child was Ken, who followed his father both into medicine, and into the world of rugby, having a successful international career.

Ken was invalided out of the Services in 1945, and briefly practised medicine abroad, in part because he was not a fan of the nascent National Health Service. But the lure of Ulster brought the family back, and in June 1950, he began his practice in Holywood, where he was to become a highly respected figure.



Some snippets from an interview in 1976 show how General Practice has changed since then. *'I used to go into the waiting room myself and bring the patients out. I could tell from the way people carried themselves if there was something really wrong with them medically'*, he said.

And the interviewer began his account this way. *'It was just like walking into his surgery once again when I went to talk to Doc Kennedy about writing this profile. "What age are you now?" He asked. He always said that as far back as I can remember - I suspect it was an attempt to make me think about something other than what was ailing me'*.

In his retirement, Ken Kennedy became a member of the North Down Borough Council. The interview ended with these lines *'I suppose after having brought many in Holywood into the world, he doesn't want to give up looking after them'*.

Hollywood Connects Support

Hollywood Shared Town has produced and distributed an A5 leaflet to most Holywood households with some key contact telephone numbers. For those without access to the internet, a telephone **Helpline** is being run by a local Holywood firm. It is **02890 393 636**. If you have any queries about local support services such as home deliveries or prescriptions, or you just want a friendly chat, please do give them a ring – they would be delighted to hear from you.

VE Day 1945 in Holywood

The History Group are still searching for any photographs of the VE Day celebrations in Holywood on 8 May 1945.

Betty McLaughlin found this wonderful photograph (in her Father's collection) taken in Shore Street, two years earlier. It was during the efforts to raise funds in the town for the RAF - the *Wings for Victory* appeal. In 1948, the RAF donated the log book of the Halifax bomber built with Holywood's contribution.



Today's Quiz (supplied by Chris Hewitt) is about Garden Flowers – see if you can find them all:

- 1 Coloured chimes - Bluebells
- 2 They do not spin
- 3 Very proper flower
- 4 Witches' flower
- 5 A well groomed animal
- 6 Diligent girl
- 7 Marriage proposal
- 8 Quick way to get money
- 9 A sweetheart's farewell
- 10 Man Flu!
- 11 Embarrassed implement
- 12 This animal made a mistake
- 13 For sewing in the WC
- 14 Symbol of vanity
- 15 Everyone is onboard
- 16 This cold weather would...

What are You Doing in Lockdown?

Joy Montgomery has written in with a personal list of things to do at home as ways of passing the time in lockdown. It includes watching National Theatre productions, virtual tours of art galleries and museums, video-recorded church services, and of course online bridge!

She has suggested the editor invites U3A members to write in with their favourite - or indeed surprising - occupations. The chairperson has generously promised to present a small prize to the most original!

In addition, here are some very helpful links provided on the **North Down and Ards U3A** website, which you may find of interest:

Shows: The Royal Opera House is streaming performances every Friday on Facebook and YouTube: www.roh.org.uk. Andrew Lloyd Webber Musicals – every Friday night at 7:00pm – available for 48 hours on The Shows Must Go On YouTube channel. www.ooperaballetti.fi Stage 24 for a series of ballets and operas also www.theguardian.com/music/ for classical music and operas to stream at home.

Plays: The National Theatre, www.nationaltheatre.org.uk/nt-at-home, streams a new play on YouTube every Thursday from 7:00pm, available for one week. See also www.globeplayer.tv for Shakespeare short films, and six filmed performances.

Cookery Gordon Ramsay on YouTube offers cookery hints (without the swearing) www.bbcgoodfood.com. Also check out - WokfromHome (Wagamama on YouTube), www.breadahead.com, facebook.com/rudehealth (for healthy foods).

Crosswords: www.solving-cryptics.com may help a little.

Gardens: The National Garden Scheme is offering ‘virtual’ garden visits at www.ngs.org.uk.

History: Dan Snow’s History Hit is an online-only set of podcasts on many history stories. www.besthistorysites.net has links to other sites.

Keep Fit: Joe Wicks offers fitness sessions on YouTube. www.fitnessblender.com has 600 free sessions from Pilates to kickboxing. There’s Yoga with Adrienne on YouTube, or SarahBethShow, also on YouTube. Davina McCall offers three months of High Intensity Interval Training at www.ownyourgoalsdavina.com. www.leisureardsandnorthdown.com offers yoga, tai chi, Pilates and chair aerobics.

Languages: Teach yourself any language you want on duolingo.com. Also www.open.edu.

Music: There are online tutorials on playing all kinds of instruments. www.fender.com is offering three months free lessons on guitar, ukulele and bass. On You Tube, for guitar, there is Marty Music; for ukulele, there’s Cynthia Lin. Gareth Malone is organising the Great British Home Chorus – www.decca.com/greatbritishhomechorus. The Sofa Singers is similar – a weekly communal singing event – www.thesofasingers.com

Museums: www.uffizi.it (Florence) for Raphael and Michelangelo, or www.moma.org – New York. Most museums offer free video tours, so choose your favourite.

Nature: The Geological Service for Northern Ireland is running a series #lockdowngeology on Facebook. See www.explore.org for nature webcams round the world.

You can download the Flowerchecker app, for wildflowers, to use on your daily walks. Or BirdNET or Warblr apps aim to recognise the bird singing above your head. (Just avoid the App that Robin downloaded that always says it's a 57% chance you are hearing a nightingale – in daytime in Northern Ireland!)

And Finally

This lovely observation came from one of our readers:

I heard the following in a recent edition of a furniture restoration programme on TV:

'The only thing keeping this bench from falling apart is the woodworm holding hands'.

I hope my antibodies are holding hands tightly in the present emergency!!!

**A man sees his wife is busy in the kitchen and says "Can I help?"
She says, "Sure, take this bag of potatoes, peel half of them and put them in a pot to boil."
No matter what men do,
somehow, we still get yelled at...**

