



May 07, 2020

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From the editor

This Friday 8th May is the 75th anniversary of VE Day, sadly all of the local and nationally planned events over the 3 days this weekend have been canceled, however the poster on next page has a couple of posters with a programme of events for you to get involved if you wish, such as decorating your garden with bunting and having a picnic in your garden observing social distancing rules.

Keep safe

Paul

PS Next week, 12 may is “National Limerick” day, the editor thought It would be a nice idea for Probus members to submit their favourites for the next newsletter. <https://www.awarenessdays.com/awareness-days-calendar/national-limerick-day-2020/>

And Please keep sending in your other pieces for the newsletter, the more the merrier.



VE Day Message From the Town Mayor

Like most Town and Parish Councils in the UK this V E Day May 2020 was planned to be a three-day national and international event that was set to be one of the biggest commemorations of the end of World War 2 in Europe.

Tens of thousands of people would have been taking part from 8th to 10th May 2020 in a whole range of inclusive events. However, the Coronavirus Worldwide Pandemic put paid to all of the many

planned public gatherings including here in Ellesmere.

This Pandemic may even turn out to be as big a catastrophe, in lives lost, and economies destroyed as in Word War 2.

My thoughts and prayers go out to everyone who has been touched by the Coronavirus.

As we remember the struggles the war time generation faced, we are experiencing uncertain and difficult time ourselves. But as the nation pulls together, and many make sacrifices to help others, we can look to the Second World War generation such as 100 year old Captain Tom Moore, and learn from their resilience, determination and hope for better days to come.

While we can’t have the street parties and celebrations in Pubs, or services in Churches, we can if we abide by the social distancing rules have stay at home parties by decorating our houses in red white & blue and having a picnic in our front gardens. Plus watching the churches streaming services and joining in the ‘Clap for veterans’ at 3pm and then have a sing along Vera Lynn style.

Have fun, but please remember to keep yourselves safe

Best wishes

Mayor Cllr. Paul Goulbourne





As we think about different ways that we can still commemorate VE 75 on Friday, a good idea has come our way from Lichfield Cathedral called the "Big Picnic for Hope", that has now spread nationwide through most of our Cathedrals. It's a very simple idea – make a nice tea, take a photo of what you have made – and have a picnic in honour of the day. As well as a celebration, the intention is to help raise funds for the Trussell Trust, who support a nationwide network of food banks, which sadly are proving more important than ever in the current crisis.

More information and how to donate can be found here: <http://bigpicnicforhope.com/>



SHROPSHIRE: ANOTHER 10 FASCINATING FACTS ABOUT OUR COUNTY

1. The Shropshire Hills are designated as an area of outstanding natural beauty (AONB) and over around a quarter of the County's area.
2. Shropshire is home to the Müller Dairy, which is based in Market Drayton in the north-east of the county – and 90% of the milk used in production comes from within 30 miles of the dairy. Their TV adverts regularly showcase our beautiful countryside and the first was shown in September 2008.
3. All three of the West Midlands business support functions for the food and drink industry are within the county of Shropshire, making it the best place to start up, expand or relocate your food and drink business.
4. Besides having one of the shortest names in Britain, the Shropshire town of Wem is also responsible for giving the world the Sweet Pea flower.
5. The castle keep at Bridgnorth leans at a seventeen-degree angle. This is three times further than the Leaning Tower of Pisa.
6. Shrewsbury boasts the tallest town crier in the world, at 7ft 2in, and now also has the tallest MP in the United Kingdom: Daniel Kawczynski is 6ft 8.5in tall.
7. Most of Shropshire was granted to Roger De Montgomerie by William the Conqueror after 1066, which helped Roger's wealth grow so much that he is considered, in real terms, the richest man in history.
8. Shropshire, particularly the south of the county, is something of a magnet for geologists. There are more rocks of different ages here than any area of similar size in the world (dating from 700 to 200 million years ago). Places like Ludlow and Wenlock Edge have even given their names to geological periods. The world's oldest known complete fossil was also discovered in Shropshire at Caradoc, near Church Stretton.
9. Fenn's Whixall Moss National Nature Reserve is an internationally important designated wildlife site and is one of the most southerly lowland raised bogs in Britain; and, at 948 hectares (2,340 acres) it is also the third largest.
10. Wartime blockbuster Atonement, (2007) starring Keira Knightly and James McAvoy was partly filmed in Stokesay Court in Onibury, which was used for the Tallis home in the movie.



General Knowledge Quiz

1. During which month does Autumn end and Winter begin in Northern Hemisphere.
2. What is US President Donald Trump's middle name.
3. Which is the world's largest office building.
4. Who was the first man to fly around the Earth in a spaceship.
5. What are the 3 zodiac signs of Autumn.
6. In which year did Princess Diana die.
7. How many calories does a glass of pure water contain.
8. How many children did Queen Victoria have.
9. In which city did Shakespeare write that Romeo and Juliet lived.
10. Which is the largest State in USA.
11. Which nuts are used in marzipan.
12. How many English words can you get from the word "Harvest" of 3 letters or more? (nearest 5)
13. What was the national currency of Greece before introduction of the Euro.
14. What are the three primary colours.
15. On Nov 21, 1945 Frank Sinatra first performed a song with "Harvest" in the title. What was the full song title.
16. In which country is Diksmuide, the twin town of Ellesmere?
17. Which is the longest river in Europe.
18. What is UK's most popular fruit.
19. Which vitamin is the only one that you won't find in an egg.
20. How many strings does a mandolin have.
21. Which mammal cannot jump.
22. Which is the biggest hit song of Bing Crosby.
23. What was the nick-name of the women who harvested the crops during WW2 in the Women's Land Army.
24. In Thomas Hardy's 'Far from the Madding Crowd', what was the name of the lady landowner and her military 'gentleman'.
25. What malformation did Marilyn Monroe have when she was born.

Answers on page 10

What happened in History this day 7th May

- 1274 - The Second Council of Lyons opened in France to regulate the election of the pope.
- 1663 - The first Theatre Royal was opened in London.
- 1763 - Indian chief Pontiac began all out war on the British in New York.
- 1912 - Columbia University approved final plans for awarding the Pulitzer Prize in several categories.
- 1937 - The German Condor Legion arrived in Spain to assist Franco's forces.

Desert Island Discs

This week it is Jeremy Stretton

I have been a keen follower of this programme though lapsed occasionally for a while. I just about remember Roy Plomley.

Not being much of a sun-lover I would prefer to be marooned on an uninhabited Hebridean island but guess that's not an option! I have been accumulating a list of my favourite tracks over many years and find that my preferences change depending on my mood. I remember reading an article once which suggested that listening to happy or sad music can not only affect mood but also perception of the world around us. I would not have a problem with my own company indefinitely but would miss my family.

I have enjoyed putting this together, it is very interesting and probably tells you more about me than you ever thought!

Thanks again Mike Grundy for the initiative. Who's next?

Cont. on Page 4

Here we go -

1. Born Free - Matt Monro

I remember my mother buying this when it came out on a 45rpm (remember them?). I think she had a bit of a passion for Matt and I loved the gentleness of his voice. “Born free and life is worth living”. I never had a life plan, instead taking opportunities as they arose and squeezed as much life out of them as possible, legal and moral! Born Free was a wonderful film and story, it reminds me of a fairly solitary very happy childhood learning all about local natural history and walking the fields of high summer.
<https://youtu.be/ISWOrlOWaLs>

2. Be still my soul - Libera

This piece of music has resonated with me all of my life since a child in the choir at St Lukes church in Ironbridge. For some reason whenever I hear it I am transported back to that time. Of all the hymns I know it seems to be the only one which transfers so well to modern musical styles. Libera is my favourite of all.

https://youtu.be/_ldykp3x0dg

3. Myfanwy - Rhos male voice choir

I have always had a great affinity with Wales and all thing Welsh (except when England are playing them at rugby, then I am torn). Myfanwy is such a sad tale but has depth and beauty about it. It was this or the Welsh national anthem My Hen Wlad Fy Nhadau but plumped for Myfanwy, it reminds me of living for many happy years with Carole in Bangor then Brynsiencyn on Anglesey.

Cerys Matthews version of this is a very close second place.

<https://youtu.be/vCnMx0wwC74>

4. Tony Hancock - The Blood Donor

My father was an addict to Hancock and it was compulsory family watching (and then listening on the radio). We had the LP of the Blood Donor / the Radio Ham and I listened to it time after time until I know them word for word much to my brother and sister’s annoyance. I can still hear Dad chuckling away at the TV at dry-old Hancock and his scrapes with Sid James.

<https://youtu.be/niHr5jXEpNE>

5. Dusty Springfield - Goin’ back

Dusty Springfield was a bit of a heart-throb for a young boy in the early 1960s. Her delicate breathy voice was very soothing. This is my favourite that I know of her catalogue and I like to listen to it if I am feeling a little melancholy which happens occasionally.

<https://youtu.be/XvWiiUgT8Nk>

6. Frans Liszt - Lieberstraum

Liszt and Mozart are my favourite classical composers and remind me of very happy school days where I was in the choir. Classical music wasn’t played at home and I had thought it was all a bit ‘highbrow’. But Liszt seems to have great sensitivity. In the 1970s there was a rather raucous Ken Russell musical called ‘Lisztomania’ about Liszt’s life. I wouldn’t dare watch it these days!

<https://youtu.be/KpOtuoHL45Y>

7. Val Doonican - Ring of Bright Water

This is my absolute all-time favourite song. My love of the outdoors, fishing, wildlife, remote places and the sea shore all comes together in this magical story by Gavin Maxwell. I must have read the book more than 20 times. It is a lesson in bonding with an animal and serendipity, let alone grasping a dream and finding oneself after all the pressures of modern life subside. We watch the DVD starring Virginia McKenna and Bill Travers at least every three months and have done for about ten years. It represents a dream that never materialised for us but never died.

<https://youtu.be/lu12UBsOE20>

8. Richard Burton/ Dylan Thomas - Under Milk Wood

Dylan Thomas’ style of writing just hit the bullseye for me. His descriptive imagination just pulls me into living the words as I hear or read them. Richard Burton’s narration is simply spectacular. I have always loved poetry and never managed to be conditioned by the concept of ‘less is more’ for writers as you can see! ‘Organ Morgan’ is a name once heard will stay forever. Under Milk Wood reminds me of my much admired English teacher Arthur Turnock.

<https://youtu.be/A5fPyA1C0Ms>

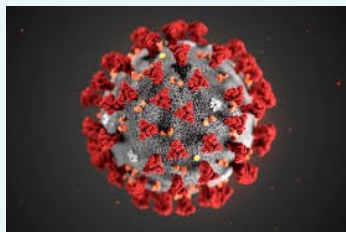
9. Book

It is really difficult to choose a favourite book. I think it would have to be an anthology of the prose and poetry of Kalhil Gibran whose word I often fall back on when I need a grounded spirit. Gibran was a bit of a tortured soul but wonderful wordsmith. His famous short book “The Prophet” is a must (I strongly recommend it if you haven’t read it).

10. Luxury

My luxury would have to be a survival knife. It is astonishing how useful a knife can be whether whittling wood, gutting fish, first aid tool, digging, making other tools, an allrounder, easily sharpened and likely to last out until the rescue boat arrived. Unfortunately I can’t have a luxury item of any practical use though, thats the rule! So it would have to be an acoustic guitar. I started to learn to play at college but never developed beyond the very basics. It would have to have a photograph of Carole my wife varnished on the back. I would first learn to play all of the music listed above then move on to Led Zeppelin, Bob Dylan and Jethro Tull.

Official Useful Information About Coronavirus



- **The virus is not a living organism;** It is a protein molecule (RNA or DNA) covered by a protective layer of lipid (fat), which, when absorbed by the cells of the ocular (eyes), nasal (nose) or buccal mucosa (mouth), changes the genetic code of the cells and converts them into aggressor and multiplier cells. The cells then duplicate the virus by the 1000's.

- Since the virus is not a living organism, but is a protein molecule, it cannot be killed. It has to decay. The disintegration time depends on the temperature, humidity and type of material where it lies.
- The virus is very fragile; the only thing that protects it is a thin outer layer of fat and that is the reason why soap or detergent is the best weapon. The foam CUTS THE FAT (that is why you have to scrub for 20 seconds or more, to create lots of foam). By dissolving the fat layer, the protein molecule disperses and breaks down.
- **HEAT** melts fat; this is why it is necessary to use water above 25 degrees Celsius (77 deg F) for hand washing, laundry and cleaning surfaces. In addition, hot water makes more foam, making it more effective.
- Alcohol or any mixture with alcohol over 65% DISSOLVES ALL FAT, especially the external lipid layer of the virus.
- Any solution with 1 part bleach and 5 parts water directly dissolves the protein, breaking it down from the inside.
- Oxygenated water increases the effectiveness of soap, alcohol and chlorine, because peroxide dissolves the virus protein. However, because you have to use it in its pure form, it can damage your skin.
- **NO BACTERICIDE OR ANTIBIOTIC WILL WORK** because the virus is not a living organism like bacteria; they cannot kill what is not alive.
- **NEVER** shake used or unused clothing, sheets or fabric. While the virus is glued to a porous surface, it is very inert and disintegrates after a period of time: -between 3 hours (fabric and porous), -4 hours (copper and wood), -24 hours (cardboard), -42 hours (metal) and -72 hours (plastic). But if you shake it or use a feather duster, the virus molecules float in the air for up to 3 hours, and can lodge in your nose.
- The virus molecules remain very stable at colder temperatures, including air conditioning in houses and cars. They also need moisture and darkness to stay stable. Therefore, dehumidified, dry, warm and bright environments will degrade the virus faster.
- **UV LIGHT** on any object that may contain the virus breaks down the protein. Be careful, it also breaks down collagen (which is protein) in the skin.
- The virus **CANNOT** go through healthy skin. But you need to wash your hands because we tend to touch our eyes, nose or mouth often.
- Vinegar is **NOT** useful because it does not break down the protective layer of fat.
- **NO SPIRITS, NOR VODKA**, serve. The strongest vodka is only 40% alcohol, and you need a minimum of 65%.
- **LISTERINE** is 65% alcohol.
- The more confined the space, the higher the concentration of the virus there can be. The more open or naturally ventilated, the less.
- You have to **WASH YOUR HANDS** before and after touching any commonly used surfaces such as :, food, locks, knobs, switches, remotes, cell phones, watches, computers, desks etc. and don't forget when you use the bathroom.
- You have to **MOISTURIZE YOUR HANDS** due to frequent washing. Dry hands have cracks and the molecules can hide in the micro cracks. The thicker the moisturizer, the better.
- Also keep your **NAILS SHORT** so that the virus does not hide there.

PLEASE SHARE WITH YOUR FRIENDS

Local information

This is a new service which when it was trialed in parts of Shropshire proved very popular.



We are now using eConsult

Submit an eConsult via our website

www.churchmere.co.uk and click on the button

Ask for advice with and eConsult and we will contact you by the end of the next working day.

You can contact our doctors online 24/7 for routine medical advice, trusted self-help from the NHS and administrative requests such as fit notes, GP letters or test results.



Take 1 minute each day and help fight the outbreak.

Get the Covid 19 Symptom Tracker App from the App store or Google

Urgent Care Centres at RSH and PRH relocated

Urgent Care Centres (UCCs) at Princess Royal Hospital (PRH) in Telford and the Royal Shrewsbury Hospital (RSH) will temporarily relocate to the Minor Injury Units (MIUs) in Whitchurch and Bridgnorth to form two Urgent Treatment Centres (UTCs).

People with major injuries and illnesses, such as head injuries and breathing difficulties should still attend A&E. The Emergency Departments at PRH and RSH remain open and fully operational 24-hours-a-day, however, these changes will allow us to free up capacity to support those with more serious illnesses and injuries who need the level of care offered at hospital.

The two new UTCs will provide treatment for patients where their care needs are urgent, but non-life threatening.

PLEASE CONTINUE TO KEEP AN EYE OUT FOR YOUR NEIGHBOURS

Key contact details: Ellesmere Covid-19 Community Support Group: 01691 596290 / 622689
www.ellesmerecovidsupportgroups.org.uk

Shropshire Council Helpline: 0345 678 9028

For people living in the Welshampton or Lyneal area - please contact the Parish Council on 01948 710672 or go on their website <https://www.welshamptonandlyneal-pc.gov.uk/> where you will find information about their local Community Support group.

Local Businesses providing Services as at 4th May, these services can change weekly.



Ellesmere Businesses	Opening Hours
(in alphabetical order)	Updated 4 May 2020. (Subject to change)
Mere Motors	Open every day. 8.00am - 8.00pm
Tel 01691 622343	Petrol Station includes a mini supermarket selling milk, eggs, newspapers, food and alcohol.
Post Office	Monday - Saturday 9.00am - 3.00pm If possible please post any items before midday.
Rightways	Mon, Tues and Fri 10.30am - 4.00pm Saturday 9.30pm - 5.00pm. Closed lunchtime 1.00pm - 1.30pm. Closed Wed & Sun.
The Ellesmere Pharmacy	Monday - Friday 9.00am - 6.00pm
Tel 01691 623118	Saturday 9.00am - 5.00pm. Closed Sunday
The Washing Well Launderette	Open every day. 7.00am - 9.00pm
TSB Bank	Monday - Friday 10.00am - 12.30pm. 1.30pm - 4.00pm Closed Saturday and Sunday. TSB Customers: If you have no mobile phone or internet banking please call the branch on 01691 594999 and the TSB will make a one-off payment for you. TSB Customers can be issued with a cheque book if required. Also: any TSB customer who is self isolating and needs to withdraw money please contact the TSB on 01691 594999.

Ellesmere Takeaways	Opening Hours	Home Delivery
(in alphabetical order)	Updated 4 May 2020 (Subject to change)	
Asian Spices Tel 01691 623689 Delivery 6.00pm - 9.00pm every day (except Monday). After 9.00pm collection only.	Friday & Saturday 5.00pm - 10.30pm Tues, Wed, Thurs & Sunday 5.00pm - 10.00pm. Closed Monday.	YES
Comrades Club Tel 01691 622419 & 07871 733375	Order Sunday Lunch by Friday. Ring any day between 9.00am & 5.00pm	YES
Ellesmere Kebab House Tel 01691 624638	Tuesday - Sunday 4.30pm - 9.30pm Closed Monday.	YES
Meze Greek Restaurant Tel 01691 622660 & Facebook	Thursday, Friday, Saturday & Sunday Order by phone 9.00am - 8.30pm. Collect 4.30pm - 8.30pm	YES
Shropshire Fish Bar Tel 01691 624287	Open every day 11.30am - 10.00pm	
Thai Gate Restaurant Tel 01691 239478 5 High Street, Ellesmere www.thaigate.co.uk/order-online	Tuesday - Saturday 12 noon - 9.00pm Sunday 12 noon - 8.00pm Closed Monday. Takeaway available. Collection only.	Delivery coming soon
The Red Lion Coaching Inn Tel 01691 622632 & 07854 191238	Thursday, Friday, Saturday. Order by phone 5.00pm - 8.30pm. Closed Sunday.	YES
Pete's Meals on Wheels on temporary loan to The Red Lion Tel 01691 622632 Ring with any queries regarding meals and to place your order.	Order: Mon - Fri 10.00am - 12 noon Orders delivered to your door 11.30 - 12.30 Monday to Friday.	YES

Ellesmere Businesses - Food Shops	Opening Hours	Home Delivery
(in alphabetical order)	Updated 4 May 2020 (Subject to change)	
Co-op	Open every day. 8.00am - 8.00pm Vulnerable workers, NHS & key workers 8.00am - 9.00am (Sunday 10.00am - 11.00am)	
Ellesmere Newsagents Tel 01691 622498	Monday - Friday 5.00am - 5.30pm Saturday 5.00am - 5.00pm Sunday 6.00am - 11.00am	YES
Delivery of newspapers and provisions inc bread, alcohol, tinned, frozen & chilled food, pet food, tea, coffee, biscuits, toiletries and cleaning products. Those ordering for delivery of provisions who are not current customers must pay by cheque or cash, left in a container outside the door at delivery time.		
Hawkins Butchers Tel 01691 622329	Monday - Saturday 8.00am - 3.30pm. Local delivery services to those self-isolating.	YES
Welcome to ring ahead to place your order or for any enquiries.		
Moolah - Local Food Tel 01691 623532	Open every day. 9.00am - 6.00pm Closing at 2.30pm on Friday 8 May 2020 VE Day	
Homemade ready meals - mains & puddings (inc freezer-ready). Savoury and sweet delights. Fresh veg, meat and dairy. Pizzas. Teas & coffees.	Deliveries undertaken within Ellesmere and to outlying villages during the Covid-19 lockdown.	YES
Tesco	Monday - Saturday 7.00am - 10.00pm. Sunday 10.00am - 4.00pm	ONLINE ORDERS
Elderly and Vulnerable Priority time: NHS Workers Priority Time	Monday, Wednesday & Friday 9.00am - 10.00am Sunday, Tuesday, Thursday 9.00am - 10.00am	
Vermeulens Tel 01691 622521	Monday - Saturday 7.00am - 4.00pm. Orders delivered 10.00am - 12 noon to those self-isolating. Order anytime.	YES
Bakery (bread, baps, rolls etc), cakes, hampers, cold meats and speciality pies. Delicatessen. Sandwiches.		
Pet Shop including pet/animal feed		
Pets Pantry Tel 01691 624492	Monday - Saturday 9.00am - 3.00pm.	YES

Ellesmere Businesses - CONTACT by telephone, email or Facebook ONLY.	Opening Hours
(in alphabetical order)	Updated 4 May 2020 (Subject to change)
A Mere Cycle Hire and Sales	Working mobile until further notice. Monday - Saturday 9.30am - 5.00pm
Tel 07988 842038 Email amerecycle@gmail.com	
Concept Town Planning	Office hours Tues & Thurs 10.00am - 4.00pm Available all other times Monday - Friday 8.30am - 6.00pm via email or mobile.
Tel 07890 428918 mail@concepttownplanning.com	
Gough-Thomas & Scott, Solicitors	GTS are still open for business however to protect both staff and clients they are not allowing visitors to the office. GTS can still be contacted by telephone or email.
Tel 01691 622413 Email ellesmere@gtssolicitors.co.uk	
J A Milton Upholstery Supplies	Online and telephone orders Open Monday - Friday 9.00am - 5.00pm
www.jamilton.com	
Lily the Pink, Florist	Contact via Facebook Contact to place an order. Delivery only.
Morris Cook, Chartered Accountant	Open most weekdays Email or telephone if you need to bring anything into the office. Letter box on Watergate Street.
Tel 01691 622098 Email megan@morriscook.co.uk	
Ortho-Bionomy UK	Open Monday - Friday 9.30am - 4.30pm Self-care packages tailored to cover your individual pain requirements. Contact Anna by email or telephone.
Tel 07377 315865 Email dr.anna.hayes@outlook.com www.ortho-bionomy-uk.com or via Facebook	
Princes LHS Ltd	Still operating during the lockdown and providing essential plumbing, heating, electrical and renewable energy services.
The Rennet Works, Market Street	
Tel 01691 624336	
Pure Beauty	Shop online for Tropic products.
www.tropicskincare.com/helenhale	
Sanchi Jewellers	For any purchases, leave a message by phone or Facebook. Payment made via card over the phone. We will be post free of charge any item chosen.
Tel 01691 622282 or via Facebook	
Susan Haskey, Chiropodist	Open as usual, Mondays and Fridays
Tel 07974 091984	
Sweetmere Sweet Shop	Contact to place an order. Delivery only.
Tel 07896 881242 or Facebook	

Gas and Electricity Cards
The Ellesmere Newsagents (01691 622498) can top-up cards - they will take a cheque or, if you have an account with them, they will add the amount to your account.
Mandy @ the Co-op (07971 250311) sell top-up cards.
The Ellesmere Post Office sell Gas & Electricity cards over the counter.
Mere Motors 01691 622343 Offers all Paypoint facilities - Gas, Electric, Bill Payments, Phone Top Ups, Parcel Point (NB not British Gas)

For up to date information please check the Ellesmere Covid 19 website

www.ellesmerecovid19supportgroups.org.uk



Pastoral Support from the Churches in Ellesmere

Rev'd Pat Hawkins St Mary's Church

[01691622571](tel:01691622571) email revpat.hawkins@gmail.com.

St Mary's Ellesmere: follow Church of England

Services are streamed online <https://>

www.churchofengland.org/



Pastor Phil Wright 'The Cellar Church'.

[07711 986694](tel:07711986694) email: pastor.phil@me.com

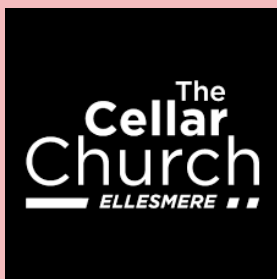
The Cellar Church online every Sunday 10am and Wednesday 6pm

Follow the link Directly on our Youtube channel: <https://>

www.youtube.com/channel/UCmxif6AT5w7IJH4Yxkbi6tQ

On the cellar church website: <https://>

www.cellarchurch.co.uk/audio-video/



Rev Julia Skitt Ellesmere Methodist Church

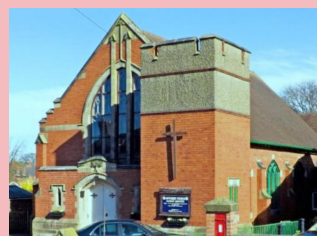
[01691 657349](tel:01691657349) email: rev.julia@mail.com

Ellesmere Methodist Church Services can be streamed from:

Wesley's Chapel in London - on Wednesdays 12.45,

Thursdays 12.45 and Sundays 9.45 and 11.00am

<https://www.wesleyschapel.org.uk/livestreaming/>



Methodist Central Hall, Westminster - Sundays at 11.00am

<https://www.youtube.com/user/MCHWevents?>

[utm_source=Methodist+Church+House&utm_medium=email&utm_campaign=11417259_Update](https://www.youtube.com/user/MCHWevents?utm_source=Methodist+Church+House&utm_medium=email&utm_campaign=11417259_Update)

Ellesmere Catholic Convent Chapel

The Chapel is open, the building on the left as you drive in. 8:30am - 6pm.

If you have anything that you'd like to ask the sister to pray for you: Phone [01691 622 283](tel:01691622283)



Is time speeding up, or is it just me?

“Wow! This year has gone by so quickly!”



You’ve heard it dozens of times. Maybe you’ve said this, or something similar such as “It seems as if I get busier every year,” or “There’s just not enough time in the day!”

Why is it that as we get older, either we slow down or time literally speeds up?

When we were children, the summer stretched ahead endlessly.

We had plenty of time and never felt rushed. Now it’s as if we

blink and it’s gone! It’s weird. As this year winds to a close and we begin thinking about our plans for next year, we decided to check into what seems to be a universal phenomenon and we found some pretty interesting insights that we thought we’d share with you.

There are two major schools of thought on the topic. One puts it all down to the psychological effect of aging, while the other says that time really is speeding up and that this is a scientifically proven fact.

It’s not quite as kooky as it sounds. Einstein calculated that the faster we go, the slower time goes and conversely the slower we go, the faster time goes. When an object’s speed increases toward the speed of light, time moves more slowly. For instance, if we were to be in a space craft moving at the speed of light for just a few days, then returned to earth, we’d find that in our absence, decades had passed.

When it comes to explaining just how time is speeding up for us here on earth, we look to something called ‘Schuman Resonance’ which is a measurement of the resonance, or frequency, of the earth. Without going into too much scientific explanation, all matter has a frequency, or an electromagnetic “pulse.” Schuman Resonance measures that of earth. When this resonance was first measured in the 1950’s, the earth’s frequency was 7.8 hertz. Apparently recently it has been recorded at 12 hertz. This means that a 24 hour day now feels as if it’s just 16 hours.

If the scientific theory for time speeding up sounds a bit too strange, there’s the other theory tied to how we perceive time as we age.

That theory explains how time perception is relative to the length of our lives and to the number of recurring milestones. In other words, when you are doing things for the first time and when you are younger, that experience becomes a big milestone and forms a significant percentage of your life to date.

As you age, your life, of course, becomes longer. Therefore the percentage of your life taken up by an experience becomes smaller. When you do things routinely, you also form a perception that they take less time. For instance, your first Christmases as a child seemed like they took forever to arrive, whereas now, they feel as if they arrive the day after Thanksgiving! Ana Swanson who wrote about this phenomena in the Washington Post puts it like this: “It means that waiting 24 days for Christmas at age 5 literally feels like waiting a year at age 54.”

For instance, there have been experiments (you could replicate this yourself if you like) where a twenty year old and a seventy year old were each asked to estimate when a minute had passed. Neither had any means of measuring the time other than what they thought.

The twenty year old estimated a minute reasonably accurately, while the seventy year old thought it was over faster than it actually was.

In the 1960’s psychologists Wallace and Green studied this phenomena. They asked younger people to describe time. The younger people used “static” metaphors such as “the time is quiet” and “time is like a motionless ocean” whereas older people used metaphors such as “time is like a speeding train.”

In 2005, Marc Wittman and Sandra Lehnhoff of Maximilian University in Munich also studied this phenomena. They found a surprising twist. It seems that time “speeds” up as people aged towards 50. People between 20 and 50 felt most pressured by lack of time, specifically not having enough time to do all that they needed to do within a day. Across this entire age span, all felt that time was speeding up. Interestingly, people between the ages of 50 and 95, did not perceive that time continued to increase in speed. This could very well correspond to the fact that between the ages of 20 and 50 we are most under pressure from our jobs and personal responsibilities causing us to feel “time pressure,” whereas after 50 many people begin to take things a little easier.

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nomena, but in reality, this “clock” only measures circadian rhythm, it doesn’t measure the passing of time at all. Some scientists feel that the perception of time passing is linked to the levels of dopamine in the brain.

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Although we all feel that time is speeding up with each year that passes, it turns out that it’s not all time, but only specific measurements.

Apparently, there is a difference in how fast we feel hours and days go by as opposed to how fast we feel that years go by. Hours and days may seem to go by at a relatively normal speed, or even slowly, depending upon what we’re doing. However as we age, we feel as if the years are flying by faster and faster. Having said that, you’ve probably noticed that when you’re really busy, the hours and days do seem to go by faster than normal.

Claudia Hammond, in a [BBC article](#), says that we assess time in two different ways. We gauge time prospectively and retrospectively. In other words, we look at time right now and assess how quickly it’s passing by at this moment, and we also look back and assess how fast yesterday or last week went by.

In many instances the resultant perceptions are quite similar. But, as we age, the recurring milestones in our lives accumulate. As we look back over these milestones, they seem to arrive more and more quickly. Birthdays are a prime example. “Am I really 50 already? What happened, I was only 25 a few years ago?!”

The psychologists say that this is because as we age there are far fewer “new” experiences in our lives and a lot more “old” experiences. Life becomes a series of recurring milestones with little to differentiate them from their previous occurrences. One birthday seems much like the next and often we can’t remember specifics of a past birthday at all.

The million dollar question for those of us who’d like to slow things down a little is: can we? Is there any way that we can slow the passage of time as we age? Or are we doomed to slide down a slippery slope of “where did the time go” until finally there’s no time left? How awful that sounds!

Psychologists say that there is something you can do if you want to alter your perception of the passage of time.

If you want time to go slower, you need to actively seek new experiences. Savoring new experiences gives you more memories, different memories to those you’ve made before. This means that when you look back you see a time period filled with all these new milestones and your memory is filled with a multitude of details different to anything you’ve experienced before. That, they say, will make it seem as if that period in time went much slower than normal. Well, we’re not quite sure whether to agree with that advice or not. As the saying goes, “Time flies when you’re having fun,” so conversely, if it’s dragging, chances are you are not enjoying those new experiences all that much!

Whatever your perception of time might be, we want to encourage you to slow down during this holiday season and take time to spend with family and friends, doing the kinds of things you’ll remember for the rest of your life. One thing we can all agree upon is that once time is gone, we can’t bring it back. So use it wisely and live life to the full!

You can discover more very interesting time related information in this BBC series by physicist Michio Kaku at this link: <https://www.youtube.com/watch?v=MTx6ha6fRwo&list=PL03F2D49431E2A889>

Quiz Answers

- Quiz answers:
1. September, 2. Whale, 3. The Pentagon 4. Uri Gagarin, 5. Libra, Scorpio and Sagittarius, 6. 1997 7. 0, 8. Nine, 9. Verona, 10. Alaska, 11. Almonds, 12. 88, 13. Drachma, 14. Blue, yellow and red, 15. Shine on, Harvest Moon, 16. Belgium, 17. Wolga/ Volga, 18. Banana, 19. Vitamin C, 20. 8, 21. Elephant, 22. White Christmas, 23. Land Girls, 24. Bathsheba Everdene and Sergeant Troy, 25. Six toes

Canada Officially Bans Consumption of House Hippos



Ottawa - In the wake of the zoologically spawned COVID-19 virus, the Liberal government officially announced today a strict ban on the consumption and farming of house hippos.

Earlier this month, China announced a ban on the sale of wild game meat in wet markets, believed to be the spawning ground for the novel coronavirus.

Canada has followed suit, and will now be enforcing strict penalties to those caught engaging in the illegal house hippo trade. Violators will face a \$25000 fine along with up to 15 years in jail.

The Dominion-Hippopotamidae, more commonly referred to as the “North American House Hippo” is an endangered species found across Canada and some parts of the eastern United States. The ban was prompted after scientists at the Assiniboine Park Zoo in Winnipeg made the breakthrough discovery that house hippos were distant cousins to pangolins, the animal believed to be the vector for human transmission of the coronavirus.

“At the end of the day it’s about keeping Canadians safe,” said Minister of Natural Resources John Yakabuski, “We have to take every precaution in order to stop the spread of this virus, or worse, be responsible for a new viral mutation. The first step is to stop the consumption of house hippos.”

Yakabuski continued, “Look, I’m not going to pretend I haven’t enjoyed a braised house hippo taco before, maybe with a little sour cream, lettuce and hot sauce. Who could possibly resist that? But right now our top priority is stopping the spread of this virus.”

The hunting and sale of house hippos is a wide-spread tradition across Canada, historically being prominent in downtown Regina where reliable sources of protein can be scarce during winter months.

The St Jacobs Farmers Market in Kitchener-Waterloo has also been noted as a hotbed for house hippo trade. On any given Saturday, patrons of the market are likely to come across a wide variety of house hippos being barbecued, smoked, and even being sold live.

“I don’t know what Mr Trudeau is expecting me to do for income now,” said market vendor and house hippo farmer Rodney McArthur, ‘My livelihood is dependant on selling my signature hickory smoked house hippo jerky. Where is the bailout for small business owners like me?’

Others however, like animal rights activist Ramona Deloitte, are more pleased with the news.

“It’s unfortunate that millions of human lives had to be lost in order to bring awareness to the plight of the house hippo. But at the end of the day it’s about ending this savage trade no matter what the cost might be.”

In response to the demand for house hippo meat, Canadian company Light Life has announced that it has already begun work on plant-based house hippo meat. The products are expected to roll out later this month and will be available in both “ground” and “nugget”

A few funnies to entertain you

Parents, how's that home schoolin' going?



What did our parents do to kill boredom before the internet?

I asked my 26 brothers and sisters and they didn't know either.



**"What's the quickest way to Cork?"
I asked the Irish Farmer.**

**"Are you walking or driving?"
He said.**

"Driving" I replied.

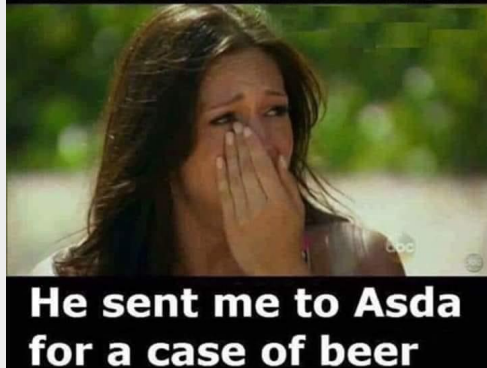
"Yes, that will be the quickest"



**I saw a guy on his motorcycle and the back of his shirt said
"If you can read this the wife fell off."**



I TOLD HIM I WANTED TO WALK DOWN THE AISLE



He sent me to Asda for a case of beer