

MADYSS Matters

August 2020 No.171

Birthday Greetings

In August, it is the turn of three members to have birthdays:

- Richard Challis
- Ian Meah
- Yvonne Smith

Happy Birthday to each of you.

Social Events

MADYSS Holiday

Our holiday, which had been planned for 21–25 September 2020 to Gunton Hall, Suffolk, has been postponed and moved to 13–17 September 2021. All details to follow. The organisers are Kay Evans and Monica Meah.

Christmas Meal 18 December 2020

The Christmas lunch has now been booked. It will be held at the Deanwater Hotel, Handforth, on Friday, 18 December so please add it to your calendar or diary. It's good to have something to look forward to finally.

Lockdown Life

Here are some things that members have been doing during lockdown to try and keep sane.

Reading (but extremely slowly!) Hillary Clinton's autobiography.

Watching Foyle's War again from the beginning. As each is two hours in length, it's a long process.

Tidying up the garden when the sun shines.

Kay Evans

When not working at home, playing low-level chess against the computer so I always win as I hate losing.

Discovering that I can construct a 'virtual' model train set, which reminds me of my train set as a child.

Jim Borggren

Hardly seen anyone, not been anywhere. Four months just wasted. Watching too much TV: Killing Eve, Normal People, The Salisbury Poisonings, and The Luminaries (not sure about it yet).

Also listening to a lot of good music, such as Beethoven's symphonies, Verdi's Requiem, La Traviata, Mozart's Magic Flute and Orff's Carmina Burana amongst others. Going for walks.

Ike Karnon

Playing Scrabble on my tablet and so learning lots of new words that, when it's my opponent 'Droid's' turn, he has decided are acceptable!

Printing off and doing The Guardian's daily Quick Crossword with varying degrees of success.

Kath Wilkinson

Doing 12 laps around our front drive each day, which I call "my daily Captain Tom exercise."

Michael Fleming



Michael, Macclesfield's answer to Captain Tom

What a Joke!

Good news, swimming pools will be re-opening soon, but due to social distancing there will be no water in lanes 1, 3 and 5.

Some Definitions from the Radio 4 Show, 'Sorry I Haven't A Clue'

Abacus – Swedish swear word
Bustard – very rude omnibus driver
Cabaret – wide range of taxis for hire
Childhood – young gangster
Delight – make things go dark
Doughnut – eccentric millionaire
Granary – old folks' home
Ketchup – posh word for drawing level
Khaki – device for starting car
Laminated – pregnant sheep
Microbe – tiny dressing gown
Negligent – male lingerie
Notable – full restaurant
Overrate – nine
Property – decent cuppa
Quadrant – four people shouting
Scandal – footwear to be ashamed of



A Life of Outrunning Challenges

Before Englishman Andy Grant, a former marine, won gold at the Invictus Games, he had to learn to walk again at the age of 21 after having his leg blown off on a routine foot patrol in Afghanistan. Soon after, he set his sights on becoming the world's fastest single-leg amputee over 10k.

Here's what he has to say about setting goals that stretch your comfort zone, overcoming setbacks.

- Little wins add up. Small goals may seem insignificant, but can actually bring the most joy.
- Write your goal down. Put it somewhere you will see it every day.
- Tell as many people as you can. Make it something you talk about all the time.
- Push your comfort zone. Jump at opportunities to try something new - even if it's daunting at first.

A Word from the Chair

We are trying to return to normality. It is very slow and cumbersome. Still a lot of uncertainties and rules and regulations.

The Committee has decided to meet for the first time in five months. Judy and Mike Fleming have kindly invited us to have a meeting in their garden so please pray for sunshine on 4 August. We will try to plan some future activities and will inform you in the next newsletter.

Meanwhile, stay safe and take care.

Ike

MADYSS Committee

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