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Hello Derek

Spring is nearly upon us and as the flowers of Spring come to life after the Winter it really lifts the spirits in the hope of warmer weather to come.

Daffodils

*In spite of cold and chills
That usher in the early spring
We have the daffodils.*



A quick guide to taking good pictures in your garden

A few tips that I hope will help you to capture those lovely spring moments in and around your garden.

Welcome To Shakespeare Week

12 - 18 March 2018 - [Read more](#) to find out how you can join the celebration. I have put one of his less well known poems on the public wiki **Sonnet 98_ by William Shakespeare**

[Read more>>](#)

Some notable dates in March/April

March 17 - [St Patricks Day](#)
March 20 - [International Earth Day](#)
March 20 - [Spring Equinox](#)
March 25 - [Lady Day](#)
March 25 - [Palm Sunday](#)
30 March - [Good Friday](#)

April 1 - [Easter Sunday](#)
April 2 - [Easter Monday](#)
April 7 - [World Health Day](#)
April 23 - [St Georges Day](#)
April 23 - [Shakespeare Day](#)

St Patricks Day 17th March 2018

*St Patricks day is here you see
We pick some Shamrocks, one two three.
We'll count the leaves, and look them over,
and maybe find a four leaf clover.
I'll sew green buttons on my vest,
Green for St Patrick is the best.
I'll wear a green hat, very high,
and dance a jig , at least I'll try.*



Author unknown.

Raw Materials - The Importance of Clay and its Uses

I came across this written by some of our members, and as one of my hobbies is making pots and sculptures from clay I found it very interesting....



Read On>>

Blogging can be a great leisurely activity

Thinking of blogging or contributing articles? Here's a few good starting tips for being an over-60 blogger.

Read on >>

Kitchen Chemistry

This is an award-winning story that also featured in a fund-raising book for arthritis.

'They came, she knew, as much for the spectacle as the food, though that too was superb, meriting three coveted gold stars in the Ethnic Gourmet Guide. Now they stood in fascinated expectation,'

Read on>>



Five fun ways to keep your mind active and memory sharp.

It's happened to us all – that moment when you can't remember what you've walked into a room for.....

Read on>>

Useful Websites

[The Retirement Advice Centre](#) 'Taking care of tomorrow today.'

[Webopedia](#) Extremely useful site if you are struggling with computer jargon

[Age UK](#) The UK largest charity working with older people

[The Open University](#) Free Courses Open learning courses and Adult Education

[Citizen Advice](#) - For a wealth of very useful information

[The Old Farmers Almanac](#) - If you love Gardening you will love this site.

[Arthritis Research UK](#) - Useful website helpful and informative

[Osteoarthritis](#) - Good informative website

[Glaucoma](#) - The international Glaucoma Association

[Stroke](#) - NHS Choices

[Action on Hearing Loss](#) The statistics

[Tinnitus](#) - NHS Choices

[Bowel Cancer UK](#) or [NHS UK](#) - Bowel Cancer

[NHS UK Dementia Guide](#)

[Resources for Older People](#) - Provide useful leaflets and advice.


[VirusTotal](#) - Free online service that *analyzes suspicious files and URLs* and facilitates the quick detection of viruses, worms, trojans, and all kinds of malware.


[TrueKey](#) - Sign in without passwords.

[Everplan](#) - How to handle the digital life that you'll leave behind, very informative. [Citizens Advice](#) has advice on this subject.

[Playbuzz](#) is great for a bit of fun when its cold and wet outside try this [Spelling Test](#)

Don't forget to put your clocks forward on the 25th March

And don't forget,  If you find something of interest in this e-newsletter or previous ones, then you will most certainly find something to interest you on our Private Wiki.

If on the other hand you have something to offer then why not [join us](#)  and share it, and if you want to, get it published.
See you on the wiki soon..

Ann
Web Editor



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Forward

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