



Grapevine Plus

Northmoor Team News

Saturday 2nd May 2020

Issue 6

Welcome everyone to the sixth issue of Grapevine Plus. I hope you are all still well and coping with our enforced isolation. I know in our house a certain amount of ennui has set in and I don't suppose we are the only ones! That feeling of listlessness is hard to shake off once it sets in and I feel our edition this week possibly reflects this. It is rather lighter than it has been in previous weeks, so I'll take this opportunity to encourage and challenge you to send something in for next week. I know that a lot of you enjoy being able to stay in touch and see what others in the Team are up to but without your support and contributions this newsletter won't be possible. So please stay positive, stay busy, stay optimistic ...and keep typing!

Sandy Franco
Editor

Being positive
doesn't mean you
don't ever have
negative feelings.
It means you feel
those feelings,
but you don't stay
stuck there. You
move forward knowing
it will get better.

Inspire Your Beautiful Soul



Quiz Time – Enjoy!
(answers next week)

A short cryptic quiz

1. Queuing up to be buried on time. (8)
2. What a fuss for a party! (3)
3. Do the Spanish like to finish their cuppas with this plant? (6)
4. They have six vehicles – they are blessed! (6)
5. Takes a boat ashore with a flower, we hear. (4)
6. The alpha and omega of the heating system taking its place in the universe - periodically. (7)
7. Does this pensive Rex need fattening? (8)
8. Hippy, gummy types perhaps? (4-4)
9. She's silent both ways. (3)
10. A new way of connecting very fast. (4)



An Only Connect – style wall

- Choose four words which are connected in some way.
- Write them under the grid and state what the connection is.

Bussell	Hand	Dowell	Furlong
Skin	Helpmann	Bushell	Seymour
Chain	Arm	Bustle	Feet
Bush	Gill	Fonteyn	Claw

1		
2		
3		
4		



Answers to last week's quiz - an English theme

- | | |
|---------------------|--|
| 1. 9 | 6. Alan Ayckbourn |
| 2. Johnny English | 7. Mary Wolstonecraft and William Godwin |
| 3. 1876 | 8. Westward Ho! |
| 4. St Pancras | 9. Charles Kingsley |
| 5. Scarborough Fair | 10. George Butterworth |



Have you ever cycled upon the Granite Way to Lydford? I'm approaching sixty but managed it on my electric bike and hope it counts as allowed daily exercise.

It starts near the railway along the old path. It's a straight path which quickly takes you to the majestic viaduct where you can see the moor and Meldon Dam. The moor is bright with yellow gorse and the multi coloured greens of spring.

As you whiz along you catch glimpses on the right of the high Castle set in forest that is strewn with blue bells. The heady sweet smell of the flowers hits your nostrils and the current crisis suddenly seems a long way away.

Going over the viaduct is a joy, then the path goes downhill and over another huge bridge. it seems to be travelling through the heart of the moor with farmland on the right. We could see the A30 which is almost silent apart from the occasional food lorry. The baby lambs where bleating as they suckled close to protective mums.

We crossed Sourton Moor with its granite towers. The pretty church near there is wreathed in pink campion and blue bells. After around ten miles we sat near the old prison (or is it castle?) at Lydford carefully isolating from the other bikers.

I noticed several men who seemed to be at least in their seventies happily riding new electric bikes. One machine was black and red and the chap had a jacket to match, one guy had full winter coat and flat cap on in blazing sunshine. They were enjoying the freedom of exercise in the big outdoors with a motor to increase power if they got tired.

I know we are a little frightened and some of us are lonely too but it did give me pleasure to see how wonderful nature still is and always will be.

The air is even fresher now we are hardly using our cars. Soon our freedoms will increase and we will never take them for granted again.

Jo Firbank



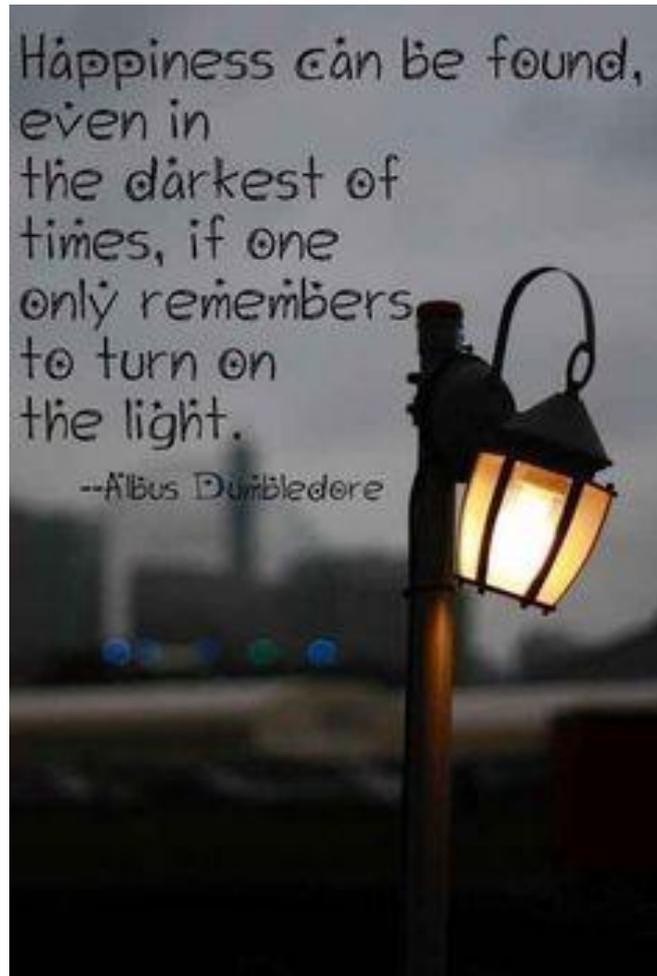
Sometimes
it is better to be
kind than to be
right. We do not
need an
intelligent mind
that speaks, but
a patient heart
that listens.

Lorna Rolfe

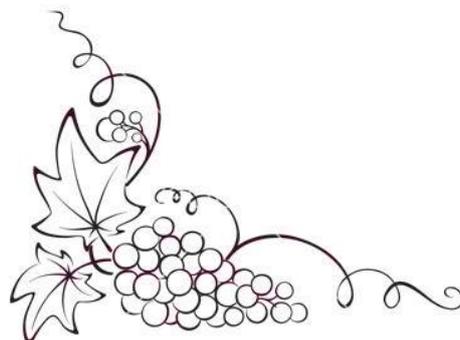


"Some days are better - some days are worse
Look for the Blessing instead of the Curse,
Be positive, stay strong, and get enough rest,
You can't do it all - BUT you can do your Best."

kindest regards,
Lorraine Aagaard



Lorna Rolfe





Helpful Guidance for Online Users

If you are live streaming and sites like Zoom & Facetime are new to you, here are some handy tips to help you look like you know what you are doing!

Internet connection

We are aware that there can be differences in people's internet connection speeds. To help ensure you maximise your internet capacity whilst you are taking part we recommend:

- Try to ensure that no others are using the internet at the same time (especially high level downloads such as Netflix) and it's best to ensure no one else is watching the livestream at the same time to try and ease the strain on your Internet bandwidth
- If possible, try to use wired internet into your computer, if this isn't possible try and search for the best possible location in your home where the internet is strongest without any dips in connection speed or where your picture is 'breaking up'
- Ensure that you have no background processes running on your computer e.g. a YouTube video running in the background and close any apps not currently needed e.g. Spotify

Lighting

You want to be seen on camera! Ensure that you position yourself in an area of your home in which it isn't too dark and where there is natural light. It also helps to ensure you don't have your back to a patio door or window or this can create a white 'hallow' effect above your head

Camera

Please position the camera so your whole face is in the middle. Ensure that there is no empty 'headroom' at the top and that the camera position shows everything you want to see whilst on air!

Sound

When speaking, please ensure you're not too distant from your microphone or otherwise it will be too difficult to hear you. If you are using an external webcam, ensure that the microphone is pointing directly to you. Ensure that there is nothing noisy going in the background i.e. a Hoover or a background sound of a TV. Try to keep children's voices to a minimum, if possible located in alternative room well away from where you are taking part.

With thanks to Rediscover Church in Exeter for producing these guidelines



DIFFICULT ROADS
OFTEN LEAD TO
BEAUTIFUL
DESTINATIONS.