

## August 2020



### **IMPORTANT**

**Due to the Coronavirus pandemic and the implementation of social distancing, all U3A meetings are suspended until further notice.**

# Letter from The Chair

**Hello Members,**

Another month has passed by without our Group and Open meetings, although it is good to hear some Members are having Zoom meetings and quite a few groups and leaders are keeping in touch with each other and enjoying the great outdoors.

My gardening efforts are on the wane since the torrential rains and flooding caused damage, but hopefully, I will get back my enthusiasm before much longer. Otherwise the weeds will be taking their revenge.

I find I have very little to write about at the moment, I have ventured out a couple of times of late, but the only event I had to look forward to, 'the haircut', was very much of an anti-climax.

What happened to the chatty friendly experience? No idle banter or easy conversations behind the masks and visors; the irritating noise of the young assistant's dangling earrings clicking on her visor as she enthusiastically washed my hair; customers sitting the mandatory distance apart, hidden behind masks and screens; assistants carefully avoiding all contact as they moved around cleaning sinks, chairs, floors and equipment.

How clinical! How sterile! Will we ever get back to normality? Will we ever get back to the U3A as we know it? I really hope so. I have heard of a proposed new group—more information is included in this newsletter, and there are Members who would like a few more Zoom meetings. So there are signs we are starting to stir from our hibernation. I am hoping to build on the Craft Group idea and introduce MOTO plus to a meeting in the park – just for a friendly chat – Group Leaders will that work for your Group?

Well, for someone who has nothing to say, I've certainly rambled on a bit . . .

Please take care, stay healthy and if any Member needs any help please do not hesitate to contact me.

Kind regards

**Ann Riley**  
**Chair**

# Notices from the Third Age Trust National Office



## Mailing

### **Urgent Notice: Phishing email**

We are aware of a phishing email which appears to have been distributed among U3A contacts. The email will appear to have been sent by someone in your email address list, so someone you probably know.

The email contains a blue box with the word '**Preview**' in it and wants you to click on it. **DO NOT OPEN OR CLICK ON IT.**

If you have tried to open it or clicked on it then please let us know so we can help you sort this out. Please email [national.office@u3a.org.uk](mailto:national.office@u3a.org.uk) or call one of our team on 0208 466 6139.

Our staff team will note your details and help you accordingly.

The email should be deleted from your inbox and from your deleted folder and you should change your password.

Thank you,  
**Third Age Trust**

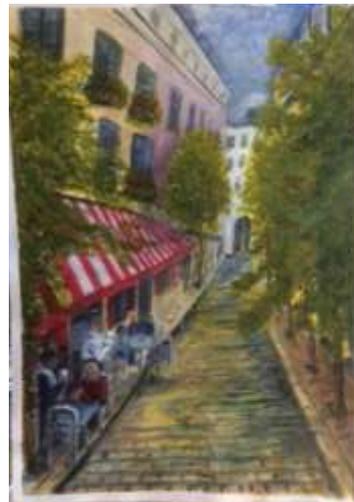
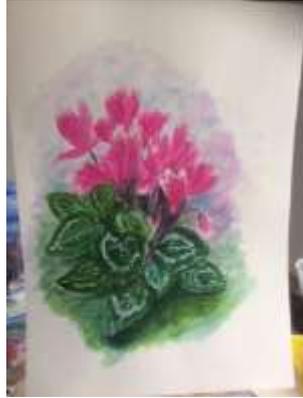
### **U3A National Newsletter—July**

The U3A National Newsletter for July is now available online. To sign up to receive it please go to: <https://www.u3a.org.uk/about/newsletter>, where you can also see previous newsletters.

# Groups Contact

## Brush Strokes

Last month I challenged the artists among us to be brave and let us see some of their work. Glen answered the call, with all of these wonderful paintings in acrylics, that she has completed during lockdown.



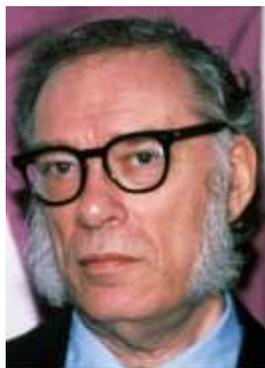
By Glen Pickering

## Groups Contact continued

### Science for All

#### Lesser known science heroes

**Isaac Asimov (1920–1992)** Asimov, following a suggestion by my son, was my gateway into science fiction. He penned some of the genre's most iconic works — explaining the laws of robotics, the messiness of a galactic empire, the pitfalls of predicting the future—in simple, effortless prose. A trained biochemist, the Russian-born New Yorker wrote prolifically, producing over 400 books, not all science-related



*Isaac Asimov 1979*

**Robert FitzRoy (1805–1865)** FitzRoy suffered for science, and for that I respect him. As captain of the HMS Beagle, he sailed Charles Darwin around the world, only to later oppose his shipmate's theory of evolution while waving a Bible overhead.

FitzRoy founded the U.K.'s Met Office in 1854, and he was a pioneer of prediction; he coined the term 'weather forecast'. After losing his fortunes, suffering from depression and poor health, and facing fierce criticism of his forecasting system (we still criticise the weather man today) he slit his throat in 1865

**Katharine McCormick (1875–1967)** McCormick planned to attend medical school after earning her biology degree from MIT in 1904. Instead, she married into a rich family.

After her husband's death in 1947, she used her inheritance to provide crucial funding for research on the hormonal birth control pill. She also fought to make her alma mater more accessible to women, leading to an all-female dormitory, allowing more women to enrol.

As a feminist interested in science, I applaud this advocate for women's rights.

**Rolf O. Peterson (1944–)** Peterson helms the world's longest-running study of the predator-prey relationship in the wild, between wolves and moose on Isle Royale in the middle of Lake Superior. He has devoted more than four decades to the 58-year wildlife ecology project, a

dedication and passion of what science is all about. As the wolf population has nearly disappeared and moose numbers have climbed, patience and emotional investment like his are crucial in the quest to learn how nature works.

**Marie Tharp (1920–2006)** I love maps and fully enjoyed my role of navigator when my husband and I travelled on unknown routes

So did geologist and cartographer Tharp. In the mid-20th century, before women were permitted aboard research vessels, Tharp explored the oceans from her desk at Columbia University. With the seafloor — then thought to be nearly flat — her canvas, and raw data with her inks, she revealed a landscape of mountain ranges and deep trenches. Her keen eye also spotted the first hints of plate tectonics at work beneath the waves. Initially dismissed, Tharp's observations would become crucial to proving continental drift.

#### Once in a blue moon

We have all heard the phrase "once in a blue moon" to describe something rare and infrequent. But do you know the origins of the reference? It comes from the fact that sometimes we get to see a full moon twice in a month. When that special event happens, it is called a Blue Moon.

A Blue Moon occurs only once every 2.5 years. This year, a Blue Moon will appear on October 31 2020—a perfect eerie backdrop for Halloween, which happens to fall on a Sunday. If the sky is clear, children and parents will get to trick or treat under the blue moon. How spooktacular!



Janet Joy

## Groups Contact continued

### History 2

**Let us look back on the perilous pastime of poison and the evil ways the convicted have tried to hide their wares.**

On 23 November 2006, the Russian KGB agent *Alexander Litvinenko* died in a London hospital. He had been poisoned three weeks previously, allegedly by former colleagues. But what is interesting was the poison used – it was a radioactive isotope known as polonium-210.



This was no common poison, but a radio-isotope that could only have been produced in those quantities inside a nuclear reactor. It took several weeks to detect, by which time, it was too late to do anything to save Alexander.

It is likely that *Yasser Arafat* was also poisoned by the same poison.

Poisonings have occurred for as long as history itself, with the poisoner trying to outsmart the victim and the authorities.

A poison often used over the centuries is arsenic trioxide. It only requires tiny quantities to kill, less than one fifth of a gram can be fatal, it is soluble in water and has no taste or smell.

This was used by *Agrippina*, the murderously ambitious niece and later wife of the Roman emperor Claudius. She poisoned her uncle/husband in order to install her son, Nero, as Emperor of Rome.



It seems unlikely that Agrippina was concerned about detection. However, other poisoners have exploited the non-specific symptoms it causes; in making arsenic-induced death seem natural.

In the late 19th century *Mary Ann Cotton*, a woman from county Durham, mysteriously lost about 20 members of her own family. Most died from what was believed to be gastric fever, or typhoid as it is now known. They all suffered symptoms of abdominal pain, diarrhoea and fever, which are consistent with typhoid but also of arsenic poisoning. It wasn't until she attempted to give her stepson away to the workhouse, and when they refused to have him and he subsequently died, that people started to ask questions. Was it coincidental that all the members of her deceased family were heavily insured?

Suspicions persisted and some early forensic analysis subsequently found the presence of arsenic in her stepson's body.

Mary Ann Cotton was convicted and hanged for her stepson's murder.

Other murderers have used poisons which at lower doses have a therapeutic use. The famous murderer *Dr Harvey Crippin* poisoned his wife Belle with the drug hyoscine. In small doses, this has been used to treat insomnia, travel sickness, drug addiction and depression.

However, as a very bioactive compound, Harvey Crippin recognised its potential in disposing of his wife, believing that the death would be regarded as natural causes.

Things did not go to plan and he was forced to try and dispose of the body. This proved to be his undoing and he was hanged for his wife's murder on 23 November 1910.



Perhaps the most notorious poisoner of recent times is *Dr Harold Shipman*. No-one knows how many people he murdered, but it's believed it may be as many as 250. His murder weapon of choice was the drug diamorphine, also known as heroin.

This is widely prescribed for patients in severe pain, for example, if suffering from terminal cancer. So what better way to get away with murder than to have relatives praise you as a caring doctor alleviating pain?

But greed got in the way and it was only when victims' wills had been changed in Shipman's favour that questions started to be asked. Shipman never did confess to murder and committed suicide in prison in 2004, after his conviction for the murders of just 15 of his victims.

As a result of the Shipman case, wide-ranging legislation was introduced in an attempt to ensure that this was never repeated. This included changes in the certification of death by doctors and the assessment of healthcare professionals to prove fitness to practise.

Of course, it is now very difficult to get hold of poisons such as arsenic and polonium-210.

So next time someone makes you a cup of tea, try not to wonder exactly what is in it.



## Groups Contact continued

History 2 continued

### **Rare Photo Reveals Ingenious Stonehenge Engineering Secrets**

England's famous stone circle, Stonehenge, in Wiltshire, was built in four major phases with the first being completed around 5,000 years ago and what we see today, the final stage, was completed about 3,500 years ago by Neolithic builders, using primitive deer antler tools, and has been subject to much mystery. And now a rare photograph has shed new light on the enigma revealing some Stonehenge engineering secrets.

#### Secret to Longevity

While the immense towering stones are a thing of marvel, so too is the structure's longevity, which archaeologists now know was enhanced because the ancient slabs were cleverly interlocked using holes and protruding studs.

This innovative construction method was much more sophisticated than the stone building formats applied in contemporary stone circles and English Heritage says the use of this technique "allowed the monument to stand the test of time."

The charity says an aerial photograph taken from a cherry picker, which they recently posted online, shows how the ancient creators of Stonehenge built their monument

The photograph reveals how the immense stones interlocked with protruding studs corresponding with holes of a slightly wider diameter carved in others



A system which in its simplicity played a crucial role in the monument, enduring for over five millennia, with 17 of Stonehenge's original upright stones still standing with five lintels still in their original positions.

English Heritage, which looks after the ancient monument, wrote in a tweet accompanying the remarkable photograph, that it displays a rarely seen view of the top of the giant sarsen stones in which protruding tenons are clearly visible with

corresponding horizontal lintel stones featuring mortise holes for the tenons to slide into.

Regarding this relative complexity when compared with other stone circles built at the same time, Susan Greaney, an archaeologist with a specialism in British prehistory, who works for English Heritage, told The Guardian, "one of the big questions is why Stonehenge was constructed with such precision engineering?"

Answering her own question, the archaeologist says it "may well be simply that they wanted to make sure it lasted a very long time."

If the builders had set unworked sarsens on top of the vertical upright stones, as crowning lintels, the relative instability would have left them vulnerable to earthquakes, the wind, frost and to the A3 bypass and impending sub-structural road tunnel.

The archaeologist's presumption is that there were similar timber monuments being built around the time, utilizing mortise and tenon joints that were mimicked by Stonehenge.

Archaeologists have found the exact holes in a rocky outcrop in Wales from where the bluestones found at Stonehenge originated, revealing that they were quarried 500 years before they were assembled into the famous stone circle that still stands today in Wiltshire. The dramatic discovery suggests that the ancient monument was first erected in Wales and later dismantled, transported, and reassembled over 140 miles away in Salisbury Plain.

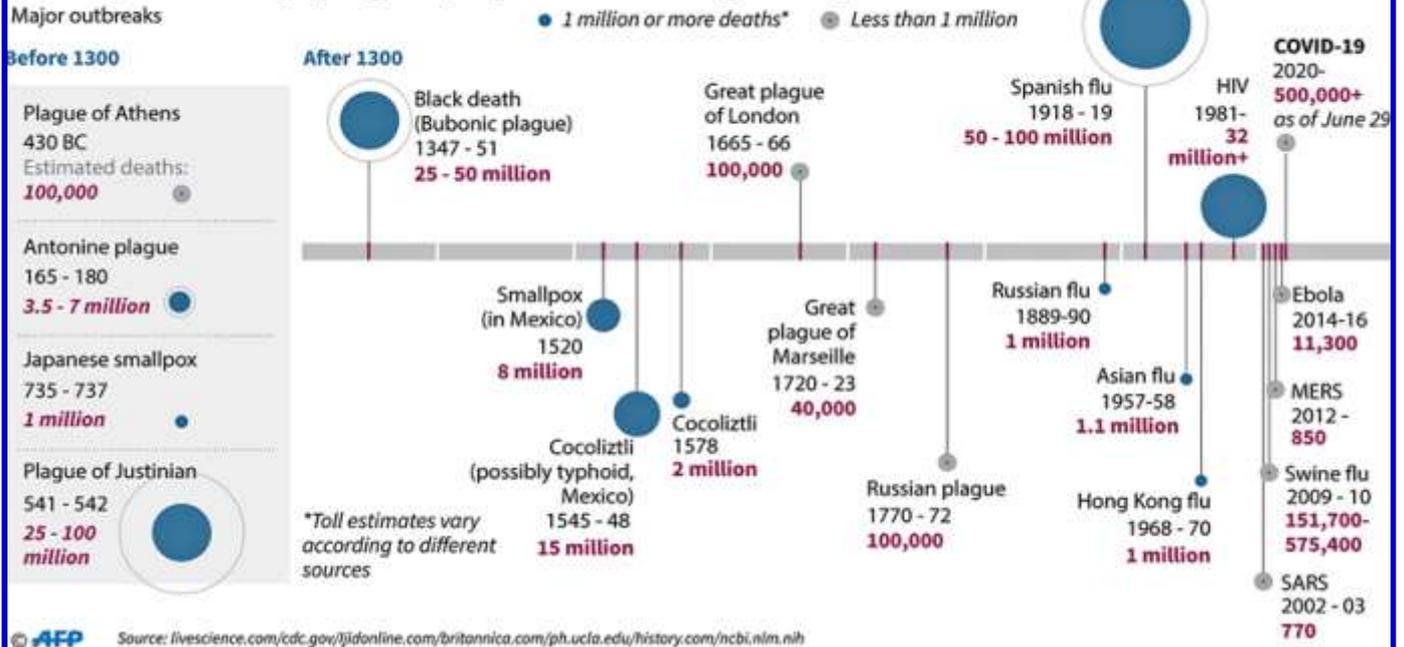
Now archaeologists have been able to identify a series of holes in rocky outcrops that exactly match the size, shape, and consistency of Stonehenge's bluestones, at Carn Goedog and Craig Rhos-y-Felin, to the north of Preseli hills.



History 2 is continued overleaf.

# Groups Contact continued

## History of deadly plagues, epidemics and global pandemics



### Plagues

The Justinian plague struck in the sixth century and is estimated to have killed between 30 and 50 million people—about half the world's population at that time—as it spread across Asia, North Africa, Arabia, and Europe. The Black Death struck some 800 years later, killing 50 million Europeans between 1347 and 1351 alone.

Both plagues were thought to be spread to humans by rodents whose fleas carried the bacteria.

We think that the current pandemic is the worst thing that has happened in the world but imagine a situation such as the Justinian plague where half the population of the world at that time died.

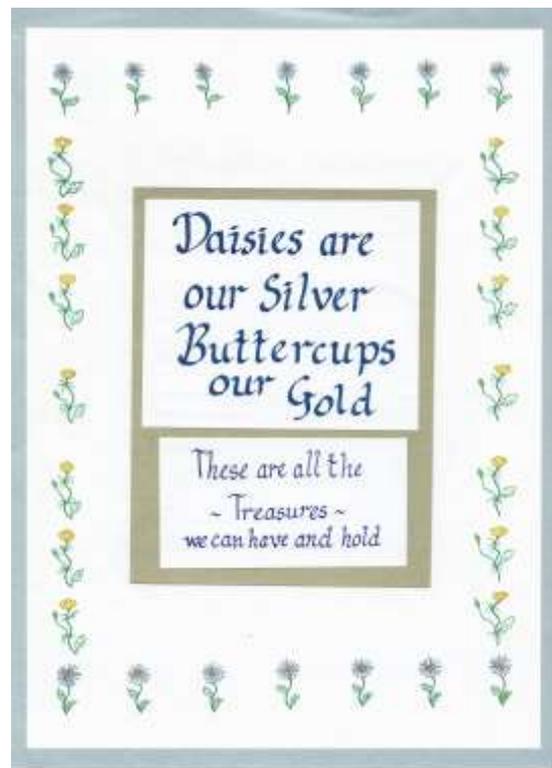
**Janet Joy, History 2**

### French Conversation

In the absence of actual meetings, we have continued to “meet” via Zoom, giving those, who wish to join in, the chance to read out a short piece that they have prepared, and to ask questions of other speakers. So far we have talked about events of our childhood, first jobs, first cars, hobbies, recent events, to name but a few topics. Thanks to Barbara, who has arranged the meetings, this has worked very well for us.

**Janis Henshaw**

### Calligraphy



### *Daisies and Buttercups*

A memory of junior school assembly, this was my favourite hymn. The italic calligraphy is embellished with Celtic style daisies and buttercups, based on a design by Kerry Richardson, a Celtic Calligrapher and Artist.

**Linda McKay**

## Groups Contact continued

### Crafts

A few members of Craft group 1 & 2 had a very enjoyable meeting in Victoria Park on Wednesday 22nd July. As it had been ages since we had seen one another there was much to catch up on. There was no crafting done on this occasion but maybe in the future! As the weather wasn't quite as forecast we held our meeting on the bandstand.



Hopefully future meetings will have a little more sunshine. We will try to organize more meetings on the original craft days to get us back to some sort of normality while the weather holds.

**Barbara Green, Val Buxton & Deb Bond**

### PROPOSED NEW GROUP

#### Exploring Spiritual Wisdom

Wisdom is more about depth than breadth of knowledge, more from the heart than the head and even beyond words, which is why it is so effectively conveyed by stories, myths, parables, poetry fables and fairy tales which affect a deeper part of ourselves.

ALL the major religions supply deep insights: the Bible, Tao Te Ching, The Book of Wisdom, The Bhagavad Gita and Confucius to name but a few.

Deepak Chopra, Wayne Dyer, M Scott Peck and Eckhart Tolle are just a sample of modern writers incorporating ancient wisdom with modern psychology dealing with love, self-awareness, forgiveness, kindness, authenticity, creativity, loss, death, depression et cetera.

Examples of other sources are nature, animals (always in the present, never worrying about what might happen or might have been), children, and last but not least ourselves and our life-experiences.

What wisdom stories have you encountered that have made a difference to the way you view life?

Included in topics that we might cover are 'What happens after we die (if anything)?', 'What is the difference between happiness and pleasure?' 'How can I become more accepting of things that can't be changed?' There are no 'right answers'; everyone's point of view is welcome and equally valid.

We could explore the 'Big Questions', for example, 'Does God exist?' and 'Is God all powerful and all loving?' If you think about it there aren't many opportunities to do this.

The group would offer an opportunity to explore and share, to listen to and learn from one another in an open, respectful and supportive environment. It is open and welcoming to all denominations, including Atheism – the more diverse the better!

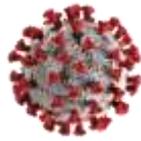
I think that it is a good idea to bring along an open-mind and a seeking nature.

If anyone is interested, please send an email to : [chair@ilkestonu3a.org.uk](mailto:chair@ilkestonu3a.org.uk) or Tel. 0115 9301809.

If there is sufficient interest I will be happy to begin the group on Zoom and help anyone who requires it; it is very easy.

Very best wishes  
**Maggie Williams**

## What you wanted to share



### VIRUS!

Out of China, news of deaths received with consternation.  
A deadly virus on the rampage? We need affirmation.  
Surely this can't concern us. That's not our expectation.  
Our British lives continue without any alteration.

Going shopping, meeting friends, there is no hesitation.  
A week goes by but now the news provides more information.  
We have cases of the virus. It's Covid infiltration.  
But still the ministers shake hands; they think there's no foundation  
that Covid 19's coming here; no need for legislation.

But deaths and cases all increase, we're feeling desperation.  
Then comes lock-down. Stay at home to stop more infiltration.  
No going for coffee with your mates brings severe indignation.  
Do not cough or sneeze on others, that's the proclamation.

Stand at least two metres distant. What a situation!  
No hugs and kisses for the family. We need determination  
to fight the virus. Please be wary; keep your motivation.

Twelve weeks of this!. But now the rules can have some relaxation  
'cos deaths are down and we can meet outside; what jubilation!  
The shops are open but keep the rules or back in isolation  
Our lives have changed until a vaccine brings us liberation.

So keep alert and don't give in to maudlin desperation.  
The sun still rises every morning. Cause for great elation!  
The new norm's here; we must embrace it for our own salvation.  
Come serve the wine, enjoy good things! Make life a new sensation!

**Patricia Potter**  
**July 2020**



## More Lockdown Stories to Share

### A Visit to Chatsworth

On the Monday evening my husband and I had decided it was time we had a day out. The next day arrived and we still hadn't decided where to go. No point in going to a shopping centre as we didn't need anything, and it's easier to shop on line. We talked of going to Carsington and having a bracing walk along the reservoir or a wander round Bakewell. We finally decided on Chatsworth.

I knew that car parking places had to be booked in advance so I checked the Chatsworth web site <https://www.chatsworth.org/book-tickets/car-park-vouchers/> to see if we could get a slot for that day at a time that would suit us. There were two places left for 11.30 so I paid the £4.00, printed off the voucher, and we were on our way. Just as well I had allowed plenty of time to get there as I knew there were several road works to hold us up. Plan your arrival for the time printed on the voucher. That is the one thing that is checked at the kiosk when you arrive. You can stay for as long as you like.



We enjoyed a stroll down by the river, a hearty baguette for lunch, sitting out in the sunshine on a bench near the main building. We went into the courtyard to the shops. At the entrance there are sinks to wash your hands and hand sanitisers to use before entering the one way system into the shop. I bought a fig tree to replace the passion flower in our garden that has outgrown its welcome. I can't resist a good value plant.

There are port-a-loo toilets to use with hand washing facilities next to them near the car park. Entrance into shops is controlled, as is normal these days.

It was a very pleasant day out, I would do it again.

**Anne Wood**

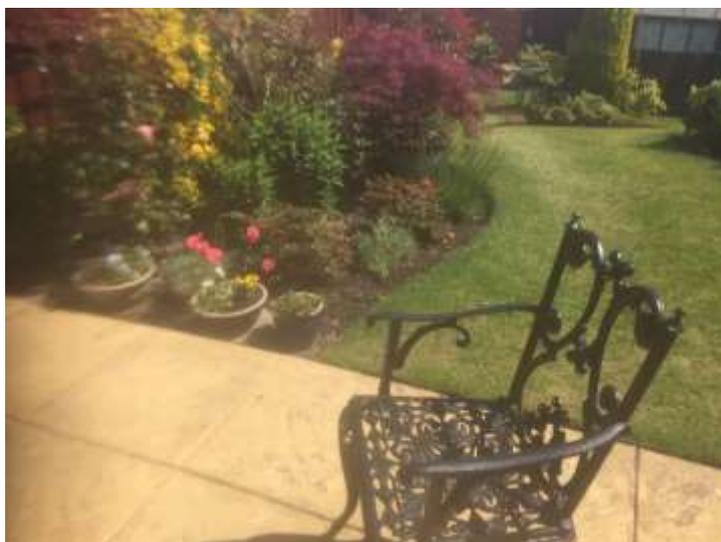
## More Lockdown Stories to Share

**Hello everyone,**

I hope you've all been coping with the lockdown and are now coming out into the wide world gradually, as I am. It's not easy but I'm getting there slowly.

I've presented a few photos of my garden.

When I moved into this new property the garden was just turf. So I decided to lift some turf up before the roots got a firm hold. I then cut out the design I wanted. That was four years ago, so now you have an idea of how it is at present.



**Sue Widdowson**

## Puzzles to stir the grey matter

### Anagrams – Well known book titles

	Anagram	No. words	Answers
1	FROSTY ASHED EFFIGY	4	
2	TWEET ON MILL	2	
3	HENRY THEE ARCHITECT	5	
4	ASHBY GET TARGET	3	
5	ANDREW LBW OVER	3	
6	ARE YE JEN	2	
7	CHALET LIFT HOWLED	5	
8	SHODDY AFTER FIFTIETH	5	
9	ISSUE APRON	1	
10	TANNERS KNIFE	1	
11	A FRESH PET WARTHOG	4	
12	CAR DUAL	1	
13	THUGGISH WHITENER	2	
14	EXPORTING ACETATES	2	
15	CELT EARTH SETTLER	3	
16	TOOLMAKING BRICK LID	5	
17	THREEFOLD SHORTING	5	
18	BEER CAB	1	
19	FINANCED MEMO	4	
20	WANDER APACE	3	

HINT – Authors initials - 1 ELJ, 2 LMA, 3 JDS, 4 FSF, 5 AH, 6 CB, 7 JL, 8 JW, 9 JA, 10 MS, 11 JS, 12 BS, 13 EB, 14 CD, 15 NH, 16 HL, 17 JRRT, 18 DdM, 19 JS, 20 LT

Solution on p. 16

# Word Search

## TREES - WORD SEARCH

N	E	D	S	J	H	S	T	U	N	T	S	E	H	C	T	E	E	W	S	T	S	L
U	H	C	I	T	B	U	C	K	T	H	O	R	N	M	W	A	P	E	A	U	I	B
W	O	F	L	W	A	Z	E	H	A	H	O	L	L	Y	O	E	R	N	L	M	J	G
E	Y	R	V	O	M	S	L	J	O	W	H	C	E	E	B	L	Y	N	E	E	U	S
Y	W	E	E	L	S	A	H	R	P	R	H	B	L	P	U	C	W	R	B	E	N	Y
T	K	P	R	L	M	Y	C	M	A	J	S	A	O	E	S	K	E	O	R	O	I	C
E	C	I	B	I	N	A	C	K	O	L	D	E	P	L	Z	I	S	H	S	A	P	A
M	O	N	I	W	E	H	E	A	L	T	P	R	C	G	M	A	P	T	E	K	O	N
B	L	U	R	M	V	L	R	B	M	I	W	O	Z	H	D	L	H	W	B	E	E	U
E	M	J	C	L	T	S	P	L	E	O	A	L	P	I	E	R	G	A	N	W	I	T
N	E	M	H	E	T	P	N	P	U	T	R	H	Y	S	O	S	N	H	O	C	P	H
A	H	E	M	U	S	R	E	Z	A	D	I	E	S	H	A	K	T	R	O	E	H	B
L	E	L	N	A	S	U	P	L	R	B	V	H	S	E	N	I	P	N	N	E	C	E
P	S	L	O	W	P	C	I	L	P	S	A	H	W	A	H	L	I	N	U	W	R	E
H	A	C	A	A	T	E	N	L	B	A	K	R	J	E	L	D	E	R	B	T	A	T
W	L	E	T	L	N	A	L	D	E	R	M	P	C	R	A	D	E	C	A	D	L	Y

ALDER

ASH

BEECH

BUCKTHORN

CEDAR

CRABAPPLE

ELDER

ELM

HAWTHORNE

HAZEL

HEMLOCK

HOLLY

HORSE CHESTNUT

JUNIPER

LARCH

LIME

MAPLE

OAK

PINE

PLANE

POPLAR

ROWAN

SILVERBIRCH

SPRUCE

SWEETCHESTNUT

SYCAMORE

WALNUT

WHITEBEAM

WILLOW

YEW

Solution on p. 17

# Word Square

## NINE LETTER WORD SQUARE

<b>D</b>	<b>U</b>	<b>U</b>
<b>R</b>	<b>A</b>	<b>L</b>
<b>P</b>	<b>E</b>	<b>Q</b>

Normal word square/wheel rules apply.  
All words must include the shaded letter.

Can you find the nine letter word ?

Approx 6 x 6 letter words, 17 x 5 letter words  
and 20 x 4 letter words exc names.

Solution on p. 17

Thanks to Ann Riley for all the puzzles

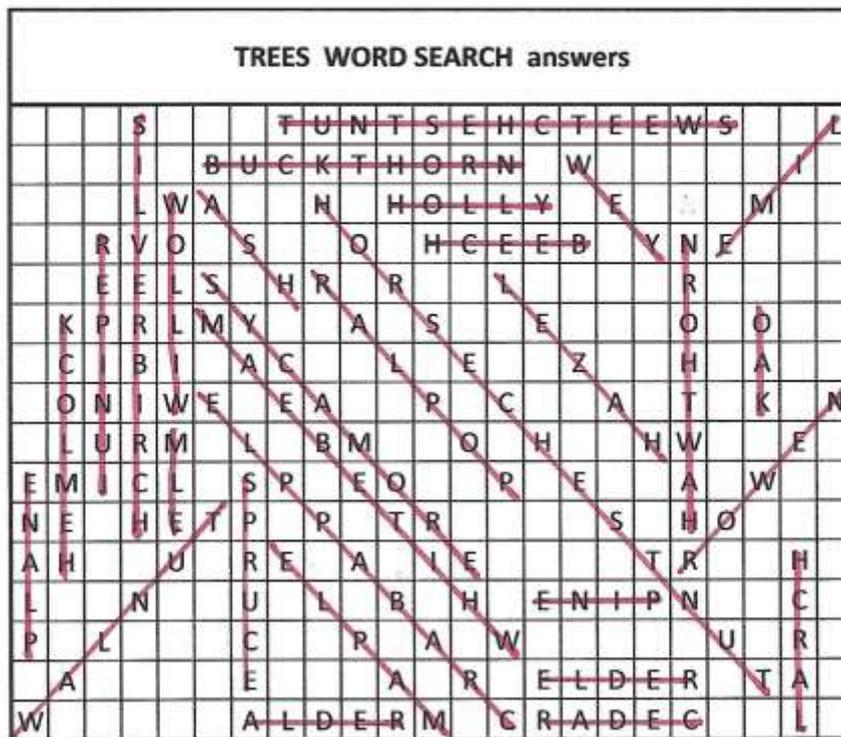
# Solutions

## Anagrams—Well known book titles

No sneaky peaking!

	Anagram	No. words	Answers	Authors initials
1	FROSTY ASHED EFFIGY	4	FIFTY SHADES OF GREY	ELJ
2	MELT TOWLINE	2	LITTLE WOMEN	LMA
3	HENRY THEE ARCHITECT	5	THE CATCHER IN THE RYE	JDS
4	ASHBY GET TARGET	3	THE GREAT GATSBY	FSF
5	ANDREW LBW OVER	3	BRAVE NEW WORLD	AH
6	ARE YE JEN	2	JANE EYRE	CB
7	CHALET LIFT HOWLED	5	THE CALL OF THE WILD	JL
8	SHODDY AFTER FIFTIETH	5	THE DAY OF THE TRIFFIDS	JW
9	ISSUE APRON	1	PERSUASION	JA
10	TANNERS KNIFE	1	FRANKENSTEIN	MS
11	A FRESH PET WARTHOG	4	THE GRAPES OF WRATH	JS
12	CAR DUAL	1	DRACULA	BS
13	THUGGISH WHITENER	2	WUTHERING HEIGHTS	EB
14	EXPORTING ACETATES	2	GREAT EXPECTATIONS	CD
15	CELT EARTH SETTLER	3	THE SCARLET LETTER	NH
16	TOOLMAKING BRICK LID	5	TO KILL A MOCKING BIRD	HL
17	THREEFOLD SHORTING	5	THE LORD OF THE RINGS	JRRT
18	BEER CAB	1	REBBECA	DdM
19	FINANCED MEMO	4	OF MICE AND MEN	JS
20	WANDER APACE	3	WAR AND PEACE	LT

# Solutions



- |           |                |               |
|-----------|----------------|---------------|
| ALDER     | HEMLOCK        | POPLAR        |
| ASH       | HOLLY          | ROWAN         |
| BEECH     | HORSE CHESTNUT | SILVERBIRCH   |
| BUCKTHORN | JUNIPER        | SPRUCE        |
| CEDAR     | LARCH          | SWEETCHESTNUT |
| CRABAPPLE | LIME           | SYCAMORE      |
| ELDER     | MAPLE          | WALNUT        |
| ELM       | OAK            | WHITEBEAM     |
| HAWTHORNE | PINE           | WILLOW        |
| HAZEL     | PLANE          | YEW           |

## NINE LETTER WORD SQUARE

- |                |   |
|----------------|---|
| 9 letter words | Quadruple   |
| 6 letter words | Aulder, Lauder, Pedlar, Plaque, Pleura, Pulque  |
| 5 letter words | Alder, Drape, Dural, Equal, Lader, Padle, Padre, Paled, Paler, Pared, Parle, Pearl, Pedal, Plead, Purda, Quale, Raped,                                      |
| 4 letter words | Aped, Aper, Auld, Dale, Dare, Deal, Dear, Dual, Earl, Lard, Laud, Lead, Leap, Lear, Pale, Pare, Peal, Pear, Plea, Quad, Rale, Rape, Read, Real, Reap, Urea, |

E & OE