

Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline Monday 16th August

Message from the Chairman

I hope you are all enjoying the lovely sunshine. It certainly lifts the mood to have some nice weather, doesn't it?

You will probably have received the survey we have sent you. We have already had a really good response but if you haven't completed it please take the time to do so**. Knowing how our members feel will help us plan for the next few months.

We know some groups are taking tentative steps towards meeting up, especially those that meet outside, please keep us posted on how that is going so we can assist if needed.

As you know we are not having a monthly meeting in August but will be using the time to explore the possibility of holding our monthly meetings as a hybrid meeting. This means we will be able to host some members in person, should they wish to do so, and others via zoom. This would happen at the same time with everyone having access to the speaker. It's all a learning curve but one we are confident we can master.

Have a lovely summer everyone. Keep smiling and stay safe. Chris

**If possible we would like all surveys to be completed/ returned by 1st August. This will allow us time to work out our strategy for opening up.

CORRECTION ISSUE 85 BUSINESS SECRETARY/HEALTH & SAFETY

Jayne Holmes business.secretary@eastwoodu3a.org

Monthly Meetings on Zoom

Aug	Summer break
Sept 1 st	Sarah Slater Secrets, Sex, Scandal and Salacious Gossip of the Royal Court, 1660 to 1830



LOCKDOWN EASING

As the country cautiously moves forward and pandemic restrictions are eased, many of our groups will turn their attention to how and when our members can safely resume face-to-face meetings.

The following must be borne in mind:

Any dates for face-to-face meetings, events and trips are provisional and based on our understanding of the UK Government's plan to gradually ease pandemic restrictions. As such they are subject to change. Please ensure you have the latest information from your Group Contact.

Any member who is feeling ill, displaying COVID-19 symptoms or has received a positive test result in the past 10 days must NOT participate.

WINE APPRECIATION GROUP

Members of the Wine Appreciation Group were invited to the home of Chris and Mike for an alfresco meal and wine tasting event on Monday 12th July. This was the first meeting of the group since March 2020. Ten members attended, and were invited to taste five wines selected by John. The wine tasting was accompanied by a splendid buffet meal provided by Chris and Mike. It was a very pleasant afternoon, enjoyed by all.



Ann McGillivray

VEGETABLE GARDENING

The group had a very pleasant afternoon for their first face-to-face meeting of the year in the garden of Sue R. Sue's garden has a beautiful display of summer flowers, shrubs and trees. We were given a tour of the different garden areas, including the vegetable garden and greenhouse where she has been busy growing tomatoes, squashes, strawberries, brassicas, and other fruit and vegetables. The tour was followed by tea and cake, and a general discussion of gardening topics. Our next meeting is on Friday 6th August at 2.00 pm at the McGillivrays.

Ann McGillivray

Membership Secretary membership@eastwoodu3a.org

Executive Committee Members:

eastwoodu3a@gmail.com

Website: www.eastwoodu3a.org

IN A SUMMER GARDEN

Silence is a golden blessing.
 Isolate me from the noise!
 Let me hear some silence round me.
 Enchant me with silent joys.
 Not for me the noisome blaring
 Coming from the radio.
 Extricate me. Spare my eardrums.
 I prefer silencio.
 Some may think of me a kill joy.
 Guess it's true. I only know
 Obnoxious clamour's not for me.
 Let me savour silence now.
 Do you think me inconsiderate
 Ever wanting noise to cease?
 Now a hammer, now a mower;
 will
 I
 never
 find
 some
 peace.

Pat Potter**THE THIRSTY LITTLE DRAGONFLY**

I'm a thirsty little dragonfly and I could really do with a drink
 But what's this I see? A lovely flagon of beer I think
 So this thirsty little dragonfly drank the flagon dry
 I said he drank the flagon dry
 Now I'm a (hic) drunken little dragonfly!

David Willey**A LITTLE BIT OF STRING**

(dedicated to a 'gentleman of the road' I once encountered)

I found a little bit of string lying on the ground
 Tied it to my waist to stop my trousers falling down
 Then I found another bit of string where I'd just been sat
 Put it under my chin and tied it to my 'at.
 I can now go out on a windy day and my trousers won't fall down
 And my 'at won't fly away!

*David Willey***SEWING BASKET**

Knocked from a high shelf, the old sewing basket
 emptied its belly over a carpet landscape
 Unfurling forgotten memories with the measuring tape.

Her mother's brass thimble, and wooden mushroom
 polished, smoothed
 from the warp and weft of pit socks darned, and a
 daughter soothed
 While her broken heart mended.

A tangle of threads, thrown carelessly together
 And knotted forever,
 Or pulled apart roughly, or gently untied
 Like family, and colleagues, and friends who have died.

Tools from forgotten tasks, crochet hooks,
 Curtain hooks, hooks and eyes,
 Bodkins with eyes
 Long enough

To thread elastic through a child's striped hooded cuff,
 Made from stretchy towelling and owned
 For months until, inevitably, outgrown.

Ribbons, silks and embroidery ring,
 Magnifying glass, ruler and unpicker thing.
 Unfinished scenes, family pets added,
 Exotic birds, insects, flowers padded,
 Carefully quilted, then put away,
 Ready to finish... Another day.

*Ann McGillivray***ART APPRECIATION**

Eight of us met at Colliers Wood on a very warm morning
 in July for our first face-to-face meeting.

We shared items of interest that we have collected over
 the years; some related to our recent topics of study and
 others that we have picked up on our travels. These
 included books of photographs of Native Americans and
 Banksy, Egyptian hieroglyphs on papyrus, an Italian
 terracotta plaque and a watercolour by a local woman,
 Vera Hedderley. All got us started on a wide-ranging
 conversation.

We planned the rest of our meetings for the year which
 may be subject to change depending on how the Covid
 situation develops.

In September we plan to visit the Harley gallery at
 Welbeck Abbey. An exhibition of landscapes is being
 curated from the prestigious Jerwood Collection and will
 include paintings by Hockney and Lowry. We hope
 October will be an indoor meeting to look at Edward
 Hopper and November will be about Clarice Cliff.

Helen Baker

Group Information

New Groups

If you have ideas for new groups or need further information contact:

groups.coordinator@eastwoodu3a.org

Group News – more information on the website

Art Appreciation: no meeting in August. Visit to the Harley Gallery, Worksop in September. Possibly returning to St Mary's lounge in October. Helen 01773 710 743

Bird Watching & Wildlife: meeting at the site on normal date/time. Contact Paul 07986 037 871

Book Group: This group is currently meeting in members' gardens, possibly returning to the library at a later date. Contact Sue 01773 717 676 or Pauline 01773 788 366

Bridge: returning to the Horse & Groom from September 6th. New Group Contact: Maureen 07968 121246

Church History: meeting outdoors in August. Possibly returning to St Mary's lounge in September. Contact Marianne 01159 134 077

Coffee & Co: meeting outdoors. Contact Barbara 01159 468 721

Coffee Mates: members have a choice of 2 dates each month to meet up. Contact Andrea 07927 660 408

Craft/Knit Aid/Patchwork: preliminary meeting 19th August 10.00 am in Rumbletums' back room, Kimberley. Contact Jackie 07580 340014

Creative Writing: meeting on Zoom. Contact Chris 07891 032 300

Discussion Group: meeting on Zoom. Contact: Jayne Business.secretary@eastwoodu3a.org

Family History: no meeting in August. September meeting in the Sun Inn dining room at the usual time. Contact Diana 0115 9169343

French Conversation: Contact Peter 01159 384 033

History of England: : no meeting in August. September meeting in the Sun Inn lounge at the usual time. Contact Janet 01773 770 183

Micro Brewery/Pub Pals: See notice on the right. Contact Barry 07452 812 758

Pétanque: meeting at the Foresters on the normal date and time. Contact Colin 0781378 528

Psychology: Contact Peter 01159 384 033

Radio Waves: Contact: Ray 01773 770 138

Spanish: meeting in the Sun Inn dining room from 28th July. Contact Paul 07971 549 229

Strollers: 1st walk 28th July. Contact Val 01773 712 269

Theatre Group: starting September meeting on 2nd Tuesday 1 – 3 pm at Dora Phillips Hall, Eastwood. Contact Marianne 01773 717 500

Veg Gardening: meeting in members' gardens. Contact Ann 01773 767 686

Walks, 5 Miles: planning meeting at Colliers' Wood on 3rd August, followed by short 3 mile walk. Contact Roger 01773 788 169

War Babies & Boomers: Contact Ann warbabies@eastwoodu3a.org

Wine Appreciation: meeting outdoors. Contact Tom 01773 762 333

What new groups would you like?

CITY TREASURES

I have coordinated the City Treasures group from Greens Mill, November 2016 to Ruddington Framework Knitters, March 2020. We have covered many Nottingham City Tours and also Lincoln. Further plans were cut short by the Covid pandemic. Who would have thought this silent enemy could change our way of life so dramatically? Weeks have flown by and two years have nearly disappeared. A small price to pay for our good health though.

I now wish to retire from this position, to allow myself more time to enable a wider range of personal commitments in my latter years.

I have enjoyed my part with the group and hope my efforts helped everyone involved, who participated on our trips, learn the value of being together and friendship; also interesting knowledge of our wonderful Nottingham City.

Best regards to you all, *Len Marsh. Group Contact*

CRAFT/KNIT AID/PATCHWORK

We are hoping to amalgamate these groups into a new combination Craft group. Jackie Brett (Patchwork) has agreed to be the group contact.

Jackie and Pat Collins (Crafts) have negotiated the back room in Rumbletums, Kimberley for the 3rd Thursday each month between 10.00 am -12.00 noon.

We're having a preliminary meeting there on Thursday 19th August at 10.00 am. *Margaret Naylor*

GROUP CONTACTS NEEDED

If the following groups are to continue, we need people to come forward to be Group Contacts.

City Treasures
Local History
Micro-Brewery/Pub Pals*
Mindfulness
Poetry*

*possible Group Contacts found but if you're interested please still come forward.

DISCUSSION GROUP

The next Discussion Group meeting is on August 17th at 3.30pm (Zoom).

Topic: Should we be feeding our children on processed food? *Jayne Holmes*

MICRO BREWERY/PUB PALS

The lovely weather on Thursday 1st July, prompted 14 Pub Pals to meet in the beer garden of the Sun Inn. We enjoyed good company and scintillating conversation for over two hours.

Provisional Dates for future meetings

Hayloft at Giltbrook on 12th August at 7pm
Bunny Hop, Langley Mill 26th August at 7pm

Barry Seeley

Groups investigating availability of premises for reopening:

Canasta - IKEA; Board Games - New Inn,
Book Group - Library.

EXERCISE FOR OLDER PEOPLE

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 4-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax. Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute.

After you feel confident at that level, put a potato in each bag.

IT/COMPUTER DROP IN

As the attendance on Zoom has been low and subject requirement not forthcoming, I have shelved this group in its current format.

I think that 1-1 help is what many people need. There is such a variety of equipment – tablets, ipads, laptops, desktops – that it is difficult to focus on particular subjects as a group.

Now that we can go into peoples' homes and/or meet up in a cafe/pub 1-1 help is available to anyone who needs it. Make a list of things that you want to know about and if I can't help you I'll find someone who can.

Margaret Naylor, Admin@eastwoodu3a.org

HEALTH MATTERS

Is anyone else interested in starting a group to do with Health Matters? I have no medical background but am interested in nutrition, exercise, age related health issues and enhancing the body's feel-good hormones (Dopamine, Serotonin, Endorphins and Oxytocin) by natural means.

I contacted a u3a in Hampshire where they have a group called Health Matters. Prior to Covid they had meetings once a month with a regular attendance of between 35-50 members. They have free speakers from charities or other organisations such as NHS Surgery, Virology, Boots Pharmacy and Benedon Private Health Insurance.

During Covid they had the meetings by zoom which had the advantage of speakers not having to travel.

If you are interested please contact:

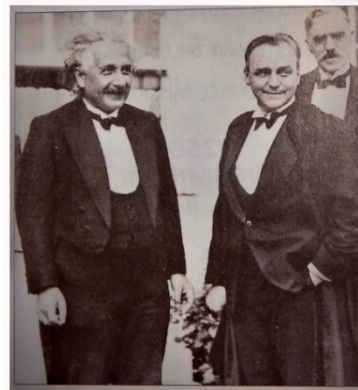
Groups.Coordinator@eastwoodu3a.org
or telephone **07565 928 992** and leave a message.

Helen Broomfield

NOTE FROM THE EDITOR

Thank you to everyone who has contributed to this month's newsletter. Please send your contributions for September to: newsletter@eastwoodu3a.org

JULY MONTHLY MEETING REPORT



Einstein at Nottingham University in 1930 with Henry Brose, Professor of Physics.

The July monthly meeting had Professor Jim Turner as the speaker presenting a talk about 'Einstein for us.' Jim introduced his talk about Albert Einstein, (1879 – 1955), by saying that his science and theories underlie a lot of modern things, and so is relevant still. He gave some examples like LEDs, Lasers, Sat Navs, Atoms, DNA, Nuclear Fusion (the energy source) and Nuclear Fission and explained how they linked to Einstein's work. Jim next outlined Einstein's various roles and how he became so famous and a public figure. This was due to his proving that you could see round corners, because he was able to show that light from a star was bent by the sun and not in a straight line. A solar eclipse in 1919 confirmed Einstein's theory.

Jim then talked about Einstein's visit to Nottingham University's Physics department in 1930 and that there is still a blackboard on display that he wrote on during his lecture.

Jim also spoke about Einstein's Theory of special relativity and correspondence he had with Roosevelt about the nuclear bomb development. He further spoke about Einstein the man, his family and his views on religion and war. Some members said they thought the talk was excellent, others that they liked the historical links in context with other things.

Caroline Winfield

IN FOCUS

Theme - Achievements in Lockdown

As lockdown was extended for a month we are keeping the same theme for August.

If you haven't got a camera, I'm sure most of you have a mobile phone, tablet or ipad that you can use to take snaps.

Let's celebrate our achievements/special events in lockdown. Our flourishing gardens, new hobbies taken up, birthdays etc.

Send in your photographs and one will be chosen to feature in the Newsletter and be the link to the In Focus page on the website. Don't forget to add your name and a description of your achievement.

Send to webeditor@eastwoodu3a.org

Deadline this month 16th August.