

Items for the newsletter should be emailed to

[newsletter@eastwoodu3a.org](mailto:newsletter@eastwoodu3a.org)

**Deadline Monday 20<sup>th</sup> September**

## Message from the Chairman

Dear Members,

A somewhat longer message from me this month as I want to update you on the survey we conducted.

First of all I would like to thank all of you who responded, we had an amazing 72% of you feedback your views which was fantastic and will really help us in planning for the next few months. It seems that many of you are really keen to meet up in person. I think after so long being isolated and now getting our vaccinations we are ready to start mixing again.

Here are some of the responses:

Of the 217 members who responded 125 are ready to go back to our monthly meetings in the church in October.

17% would like to continue to access the meetings via zoom

70% of respondents wanted groups to meet up outside by September

70% wanted groups to meet up inside by October

We are now looking at how to manage the opening up, taking advice from the government and the Third Age Trust, in addition we have to liaise with the church to ascertain what the diocese guidelines are for meetings.

It is unlikely that we will be able to accommodate everyone that wants to attend a monthly meeting and we are looking at a booking system on a first come first served basis. I will let you know more details nearer the time.

We are also exploring holding what is known as a hybrid meeting. This would enable those of you that would prefer to access the meeting via zoom to do so whilst others would be there in person.

So, lots of things happening but the good thing is, we are still here, we have even gained some new members, we have a committee determined to make things work, we have Group Contacts who have succeeded in keeping things going and we have you, our members who have continued to support our u3a in so many different ways.

So onwards and upwards to meet the challenges and excitements of the next few months.

Best wishes, *Chris*

Thought for the day:

Why doesn't glue stick to the inside of the bottle?

Membership Secretary [membership@eastwoodu3a.org](mailto:membership@eastwoodu3a.org)

Executive Committee Members:

[eastwoodu3a@gmail.com](mailto:eastwoodu3a@gmail.com)

Website: [www.eastwoodu3a.org](http://www.eastwoodu3a.org)

## 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.

## September Monthly Meeting on Zoom

Sept 1<sup>st</sup> - Sarah Slater

**Secrets, Sex, Scandal and Salacious Gossip of the Royal Court, 1660 to 1830**

**Have you ever wanted to know the secrets, scandal and salacious gossip of the Royal Court of the 17<sup>th</sup> & 18<sup>th</sup> Century? Don't miss the chance.**

### About this event

Sarah Slater is a Guide Lecturer at Historic Royal Palaces and a costumed tour guide at Hampton Court Palace. In this talk she will disclose all the naughty bits of history you would probably not have learnt about at school! She will discuss sexual diseases of the time and the methods used to prevent them. Warning, this tour is not for the prude, it is fun but rude!



Look out for the email invitation. If you're not online and want telephone access so that you can listen in to the meeting, contact any committee member or tel **07565 928 992**

More information on the Eastwood & District u3a website.

**BIRD WATCHING & WILDLIFE**



I have had a project with my eldest granddaughter to breed butterflies and last month we released 6 painted lady butterflies into the wild (both in Newthorpe and in Northleach, Gloucestershire) and have currently 7/10 small tortoiseshell caterpillars eating as many nettles as we can collect. We have a luxurious wildflower lawn which attracts bees and butterflies and counted 43 in 15 minutes in the fields for the Big Butterfly Count last week. The hedgehog hibernated all winter along with another (in another box) and comes back to feed occasionally. We are collecting hay and straw for him to make a nest for this winter. We also built a very small 'fairy' pond and put a frog house next to it and the frogs from next door come visiting through a small pipe under the fence between our gardens. The blackbirds and pigeons bathe in it and the goldfinch and other birds come for a drink.

Today on our walk we saw mining bees coming out of a burrow near Gilt brook and of course we see the buzzards regularly overhead, as well as the kestrels.

*Jane Johnston*

If Jimmy cracks corn and nobody cares...why is there a song about it?

**MEMBERS ON THEIR OWN**

A new interest group will be starting in September. It will be for members who are on their own, and known as MOTO.

We'll start off with a get together in the Horse and Groom, Moorgreen from 12.00 to about 1.30 pm on Thursday 16th September; we might even be able to have a light lunch there, once I know how many of you will be joining me!

We can get to know each other a little and find out what you'd like to do - such as Sunday lunches, local visits, afternoon entertainment, speakers, demonstrations, etc. This will be your group, so come along and let's see what we can organise!

*Jayne Holmes*

Tel: 07895 431 814

[business.secretary@eastwoodu3a.org](mailto:business.secretary@eastwoodu3a.org)

**October Monthly Meeting in St Mary's Church and on Zoom**

Hopefully we will be back in the church in October. The speaker and some members will be on Zoom.

Oct 6<sup>th</sup> Brenda Ainsley  
The Climate Crisis – and some solutions

**THE BAG**

Dirt stuck to warm feet,  
Sandals barely holding together  
A long walk to liberty  
His eyes had seen things his memory could not erase  
Locked away pending the luxury of safety  
Some might say he had nothing,  
But on his back was a grey canvas bag,  
In it,  
A piece of linen that could be bartered  
A cup for clean water  
A knarled scrap of wood, be it tool or weapon  
A morsel of stale bread from the last time he had eaten  
A hastily cut braid from Sulahs hair  
She would follow him, she promised,  
Her father would try to stop her, then let her go  
On the other side of the border, there was hope  
That was in his bag too  
Not large amounts  
Nothing unrealistic  
Just a fragment of hope to build on  
A crumb that would feed the caged bird  
So he and Sulah might one day sing

*Marianne Sparrow*

**2022 CHINESE NEW YEAR CELEBRATION**

at

**SPRINGWATER CANTONESE RESTAURANT**

**7PM ON MONDAY 31<sup>ST</sup> JANUARY 2022**

This is a Notts Network of u3as event, organised by Terry Hardman, the Network Treasurer. A previous event in February 2020 was attended by almost 150 members from 8 individual u3as. Barring any unforeseen problems the event will be held for Chinese New Year 2022.

It is an eat all you can Chinese Banquet style meal, plus a firework display and exhibition of traditional dragon dancing.

The cost will be £5.00 deposit to be paid before the end of October, with the balance of £15.50 to be paid by the end of the 2nd week in January.

Andrea Sadler and Janet O'Neill have agreed to organise this event: to collect and pass over the names and money. Terry requested that we let him know numbers asap so if you are interested please contact Andrea/Janet:

[Social.activities@eastwoodu3a.org](mailto:Social.activities@eastwoodu3a.org)

Andrea 07927 660 408

Janet 07961 832 864

What do you call a man without a body and only a nose?  
Nobody knows.

## Group Information

### New Groups

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

[groups.coordinator@eastwoodu3a.org](mailto:groups.coordinator@eastwoodu3a.org)

### Group News

**Art Appreciation:** Visit to the Harley Gallery, Workshop in September. Meet at Morrisons'. Helen 01773 710 743

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

**Book Group:** Meeting in gardens Contact Sue 01773 717 676 or Pauline 01773 788 366

**Bridge:** Returning to the Horse & Groom on 6<sup>th</sup> September. Contact Maureen 07968 121 246

**Canasta:** now meeting in Rumbletums 2<sup>nd</sup> Thursday each month. Contact Nina 01773 717 770

**Church History:** Contact Marianne 01159 134 077

**Coffee & Co:** meeting as normal – 4<sup>th</sup> Wednesday, 11.00 am. Contact Barbara 01159 468 721

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

**Crafts:** the Crafts – textiles, Knit Aid and Patchwork groups have joined together and are meeting in the back room @ Rumbletums on the 2<sup>nd</sup> Wednesday 1-2.30 pm and 3<sup>rd</sup> Thursday 10.00 – 12.00 noon each month. Contact Jackie 07580 340 014

**Creative Writing:** Contact Chris 07891 032 300

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

**Family History:** September meeting in the Sun Inn dining room at the usual time. Contact Diana 0115 9 169 343

**French Conversation:** meeting on Zoom on the usual date and time. Contact Peter 01159 384 033

**History of England:** September meeting in the Sun Inn lounge at the usual time. Contact Janet 01773 770 183

**Micro Brewery/Pub Pals:** Contact Barry 07452 812 758

**Pétanque:** Contact Colin 01773 715 493

**Psychology:** Meeting 22<sup>nd</sup> Sept @ The Sun Inn. Contact Peter 01159 384 033

**Spanish:** meeting in the Sun Inn dining room at the usual time. Contact Paul 01159 133 449

**Strollers:** have restarted. Normal day/time at various locations. Contact Val 01773 712269

**Theatre Group:** from September meeting on 2<sup>nd</sup> 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

**War Babies & Boomers:** September meeting at the Horse & Groom. Contact Ann [warbabies@eastwoodu3a.org](mailto:warbabies@eastwoodu3a.org)

**Wine Appreciation:** meeting in the Sun Inn dining room at the usual time. Contact Tom 01773 762333

## 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 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*

## THEATRE GROUP

After a very unusual year deprived of live entertainment, it was with much anticipation that on Saturday 17<sup>th</sup> July 15 members of the theatre group excitedly embarked on a trip to Nottingham Playhouse. When it was booked lockdown was supposed to be at an end. However, as it transpired that was put back by a month, so our visit was a socially distanced one. We had very clear instructions from the Playhouse about our seats which were allocated in groups of less than six. Entry to the auditorium was just 15 mins prior to the start so we were grateful that the sun was shining for us. Throughout the performance, we were required to wear masks and were happy to do so. Here is a photo of some of the group enjoying this memorable day.



Theatre group is quite popular but there are a few places still available. Group meetings begin again in September so join us if a wide range of local theatre interests you.

*Marianne Sparrow*

## CANASTA @ RUMBLETUMS

The Canasta Group are now meeting on the 2<sup>nd</sup> Thursday each month in the back room at Rumbletums, Kimberley.

### NEW MEMBERS WELCOME!

There are plenty of people to guide you through the rules and help you learn.

*Nina Moore*

**GROUP CONTACTS NEEDED**

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

**City Treasures    Local History    Mindfulness    Poetry**

**SHARING ZOOM**

Hopefully we will begin to move back into the church soon but numbers will be limited and it is likely that we will still be using Zoom as a means to allow some people access to hear/see the speakers.

Now that we can welcome other people into our homes, could you share your access to Zoom with other members who haven't got internet access?

If you haven't used Zoom and would like to try, email [admin@eastwoodu3a.org](mailto:admin@eastwoodu3a.org)

**PROGROCK GROUP**

The Minehead and District ProgRock group was set up in February and we've currently got 20 members. It's free to join.

We've got members from all over the UK. People living in Scotland, London, Nottingham, Pershore, Reading, Barnett, Canterbury, Harrow, Sudbury, Dengie, Abingdon, Belper, Crewe, Buxton and not forgetting Minehead.

Everyone is welcome. All you've got to do is be able to log onto Zoom, no other technical skills required.

The group will continue to meet via Zoom every second Tuesday of the month, in the afternoon at 3.00 pm.

We'll listen to music, chat and watch videos of selected artists and add more items of interest as we evolve as a group.

Firstly look at our web site link

<https://minehead-district-u3a.org.uk/our-u3a/interest-groups/music-groups/prog-rock>

Why not drop me an email to indicate your interest

[progrock@minehead-district-u3a.org.uk](mailto:progrock@minehead-district-u3a.org.uk)

I look forward to meeting you.



**GROUPS COORDINATOR**

I would like to say thank you to Peter Hayden who has been our Groups Co-ordinator since our AGM. Unfortunately Peter is having to stand down but I am delighted to say that Janet Gibson has agreed to take on this role. Many thanks to you both. *Chris*

**CURRENT KNOWLEDGE OF GROUPS RETURNING**

Many of the groups are restarting in September. We have tried to put together a comprehensive list of the groups that will be up and running shortly (attached). If a group isn't on this list it is because we don't know when that particular group will be returning. There may be several reasons for this and we are working with Group Contacts to try and resolve all the issues.

Apart from the Groups listed in the box titled 'GROUP CONTACTS NEEDED' we hope that all groups will return shortly. If your group isn't shown as restarting soon please contact your Group Contact if you want more information.

**SHARED INTEREST GROUPS**

There are over 30 u3as in Nottinghamshire. Paul Martinez of Carlton & Gedling u3a believes that we could share interest groups more widely across the u3as using Zoom.

Carlton & Gedling u3a would like to kick the process off by offering to share two groups:

- Film study group (meets once a month)
- Opera study group (meets twice a month)

Both groups will continue to meet online whatever happens to social distancing etc. As they are online it doesn't matter how many members are in each group.

Details of both groups are available on our Beacon website. The link is here:

<https://u3abeacon.org.uk/u3agroups.php?u3a=17&sc=LJVD&hdr=0>

There will be no affiliation fee to pay. If any members want to join they need to email Paul at [pkmartinez14@gmmail.com](mailto:pkmartinez14@gmmail.com) and off we go!

Please remember if you're not going to attend a group meeting it is only polite to let the Group Contact know.

**If you have signs of a cold, don't go - it could be COVID.**

Here is the current ranking of COVID symptoms after 2 vaccinations:

After one dose of the vaccination:

- |                  |                     |
|------------------|---------------------|
| 1. Headache      | 1. Headache         |
| 2. Runny nose    | 2. Runny nose       |
| 3. Sneezing      | 3. Sore throat      |
| 4. Sore throat   | 4. Sneezing         |
| 5. Loss of smell | 5. Persistent cough |

**NOTE FROM THE EDITOR**

Thank you to everyone who has contributed to this month's newsletter. Please send your contributions for October to: [newsletter@eastwoodu3a.org](mailto:newsletter@eastwoodu3a.org)