

Items for the newsletter should be emailed to
newsletter@eastwoodu3a.org

Deadline Monday 15th June



Message from the Chairman

Dear all

I sincerely hope everyone is safe and well.

As the lockdown continues, more or less the same for most of us, there has been lots of work going on behind the scenes. As a committee we have been looking at how we can adapt to the current situation.

We have held two meetings via Zoom, a video conferencing platform which allows people to talk to each other online. These have been very successful and we will be including some information on how you can access this facility to make contact with other U3A members, friends and family. The U3A website also has lots of information and online learning tools to help us keep our brains active.

As you will know our AGM was due to be held in June, this of course will not be happening now. According to the current guidelines we have three months after this date to hold our AGM. As the uncertainty continues, we are making plans to hold our AGM in another format, more details to follow.

My three-year tenure as Chairperson has come to an end and at the moment there is no one to take over. If you feel you could take on this role, or you know someone who could please let me or any other committee member know.

Please stay safe everyone

Best wishes Chris

FOCUS ON BIRD WATCHING



Blackbird

Keith Sherwood

EASTWOOD U3A CITY TREASURES GROUP MESSAGE TO MEMBERS DURING THE LOCKDOWN PERIOD 2020

Hi Members

Here's hoping you are all fit and well as we both are and coping with the isolation factor at home, where no doubt you have been using this unusual occurrence to catch up on diy jobs and tidy up the garden. We enjoyed the nice long spell, four weeks of sunny weather, which made it pleasant to sit outside in the garden and relax. However, the much-needed rain has arrived now. The gardens were very dry so people growing crops and vegetables will be pleased it has arrived at last.

Well, who could have predicted that we would be at war against a silent airborne enemy that will possibly change our way of life in the future? It has made us realise how important nature is and what a lovely country we live in. Also how kind and loving other humans can be to one another despite the unpredictable loss of life and suffering.

We are all looking forward to government restrictions being lifted, when our freedom allows us to join together again in our groups and celebrate our lives and be thankful for what we have, mainly good health and strength of mind in helping others whenever we can

Best Regards

Len Marsh

SUBSCRIPTION

The committee will recommend that because of current circumstances, this year's subscription will cover 2 years.



Blackcap

Barbara Sherwood

Membership Secretary membership@EastwoodU3A.org

Executive Committee Members:

EastwoodU3A@gmail.com

Website: www.EastwoodU3A.org

EASTWOOD & DISTRICT U3A AGM

The following people have been nominated for the committee

Treasurer - Keith Sherwood
 Business Secretary - Linda Rothwell
 Val Beecham
 Barry Doran
 Janet Gibson
 Peter Hayden
 Chrys Millington
 Margaret Naylor
 Barry Seeley

We still need nominations for Chairman and Vice-Chairman. Without a Chairman the U3A cannot continue.

Please send all nominations to Business.Secretary@EastwoodU3A.org or text/call Linda on 07712 277 962.

If you are acting as a proposer please ensure that the individual is willing to stand.

Your Committee Needs You!!!

To help us keep in touch with each other and pass information on easily we are looking to set up a Facebook page. Does anyone have the interest, skills and enthusiasm to do this? If so, please contact me or any committee member.

Many thanks Chris Niven

BROWSE MAGAZINES FOR FREE

Anyone with a current Notts library card can access many magazines for free.

Use the [rbdigital website](#) or

Download the RB Digital app for smartphone, tablet or iPad

[RBdigital iOS](#) [RBdigital Amazon Kindle Fire](#)

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You'll need to select Nottingham City Libraries, have an email address, enter your library card number and then create a password.

Once registered, you will be automatically logged in.

They also do audio and ebooks.

Bob Ford

CREATIVITY IN LOCKDOWN

Barbara Wigley



The lovely old Singer sewing machine I have been using the last couple of days to make myself and my husband some face masks now we can go out and about a bit.

Barbara Bates



Facemask – Nina style

Nina Moore

LOCKDOWN UNLOCKING MEMORIES?

Has anyone else used this lockdown period to reconnect with distant family members and recall family stories you didn't know before?

I have a cousin who is 9 years older than me and I have always been in awe of him. In 1960 aged 19 he formed a band with friends. They called themselves The Foresters and aspired to make it into the big time. Even now in my third age he is like the older wiser brother I never had.

Recently I was looking through family photos.....my 6 year old granddaughter said men can't have long hair.....so I was going to prove her wrong by finding the photo of my long haired lover back in 1972! Along the way I found a black and white photo taken in the early 60s showing my Aunt, Mum and Grandmother fast asleep in deckchairs on the beach in Blackpool. Why were we there? I asked my cousin if he remembered.....and here is his story:

"Now.....about that photo. I can't remember there being a trip but I can quite well believe it because it was the final of the Frankie Vaughan talent contest. We won the local heat and the final was on the North Pier at Blackpool.

The winners were a group from Cardiff called Amen Corner, the singer was Andy Fairweather-Low who went on to feature in lots of bands including Jools Holland's and Bill Whyman's Rhythm Kings.

The group that came second were the Lionel Morton Four from Blackburn, I think. They changed their name shortly after to the Four Pennies and had a No 1 hit with the self written song they sang on the contest - Juliette. Lionel married an actress called Julia Foster for a bit and the last I saw of him was years ago on children's telly on a programme like play school.

I know you're biting your nails wondering where we finished in the contest, I think the official term is we were unplaced, but we got a certificate and later got on the telly at Granada where we were paid union rates and we bought a couple of guitars with the money. I've still got one of them and its now worth three grand so I did ok!"

A bit more research revealed that they actually came fourth and the trip was organised by The Sheffield Star who had organised the original talent contest heats and they sent coach loads of friends and relatives to see their home grown winners!

Who knew.....I certainly didn't!

Sue Rowlett



Members' VE Day Celebrations



VE Day bunting in Kimberley

Anne Bell

VE Day Afternoon Tea and memorabilia

Barbara Wigley

WE WILL RISE

*based on the famous poem by
Maya Angelou - And Still I Rise*

We will write you down in history
Along with fake news and lies
We will juggle the statistics
But like the Phoenix we will rise

Your pervasiveness alarms us
Envelops us in gloom
You blanket all around you
Like a searing sonic boom

Like the pestilence and the plague
We will untangle your ties
And once again flourish
From this menace we will rise

You wanted us broken
High fever, racking cough
Bodies stacked for burial
But we have had enough?

You can taunt us with your danger
You can incubate with glee
You can sidle over borders
Yet one day we'll be free

We will cast aside the daily briefing,
social distancing

We will survive

We will shed the protective
equipment

We will rise

We will give thanks for our families,
our friends, our lives

We will give thanks for key workers
and their sacrifice

We will rise

We will rise

We will rise

Chris Niven



Barbara Sherwood

What could be more appropriate than a quote from one of the classic books by D H Lawrence, Eastwood's world famous author? I suggest the following - the opening paragraph from Lady Chatterley's Lover...

"Ours is essentially a tragic age, so we refuse to take it tragically. The cataclysm has happened, we are among the ruins, we start to build up new little habitats, to have new little hopes. It is rather hard work: there is now no smooth road into the future: but we go round, or scramble over the obstacles. We've got to live, no matter how many skies have fallen."

Carol Mills

HAVING A 'CRACKING' TIME WITH COVID

having done one deep clean too far!

Have YOU ever bleached a banana?
Do you think I am going too far?
With my nice 'bleachy' cloth I go haywire.
If it doesn't move it's 'no holds barred'!

I've always been partial to bleaching.
My dish cloth gets its daily dunk.
The thoughts of all those germs a lurking
Gets me in a terrible funk.

I swab and I wipe. Disinfecting
some things that you wouldn't believe.
If it's boasting a handle it gets it!
Double dose? Yes that brings big relief.

My hands are all wizened and gnarly
despite all the soft'ning hand cream;
but 'OH NO', now I've touched the dispenser!
Get the bleach quick! Must do a re-clean.

Stay in and turn into a maniac?
My logic has left me for sure.
All this bleaching and wiping is useless
cos for weeks no one's been through the door!

but I'm still going to do it!

STAY SAFE PROTECT YOUR SANITY
WASH YOUR HANDS
and your bananas if you must.

Pat Potter

OUR HEROES

The unseen enemy, an invisible power, that seeps and spreads to bring us down.

But our heroes, our warriors, on the front line, battle, some in armour, others not, amid the dangers of infection and contamination.

Yet, onward they labour amongst ventilators, amongst bedsides, amongst our loved ones.

They administer their undoubted skills and professionalism with their usual diligent efficiency.

Their humanity, so evident in words of encouragement and compassion to the vulnerable

who lay in their care – giving a sense of hope and trust and recovery.

Lockdown April 2020

Barry Doran

U3A

newsletter
express

The National Newsletter is filled with information, stories and advice from across the U3A movement on how to keep safe and occupied during this difficult time. The latest edition includes information on

- Friends against Scams sessions
- Zoom tutorials and
- the Trust Online Learning opportunities.

<https://www.u3a.org.uk/newsletter>

COMMITTEE CHANGES

Barry Seeley is now the Groups' Coordinator. He will help the Group Contacts to restart their groups where feasible, possibly using video conferencing.

Keith Sherwood is now the Vice Chairman which will facilitate his move to Treasurer after the AGM.

Note from the editor.

Thank you to everyone who has contributed to this month's newsletter. Please send your contributions for July to:

newsletter@eastwoodu3a.org

A VERY DISCERNING LITTLE BIRD

I have a large cast iron mailbox at the front of my house which cannot be seen from my window.

My neighbour telephoned me a while ago to say that she had seen a little bird go in and out of my mailbox. I looked in it and the box was 1/3rd full of grass and twigs and looked very cosy. I thought it was very amusing as I had a small bird box at the bottom of the garden very safe and secure, but this bird didn't want a poky old terrace, it wanted a mansion! I put a note on the mailbox saying, "Bird in residence please put mail through the letter box."

On VE day my neighbour said she hadn't seen the bird for a while, so I gingerly opened it and a bird flew out. I saw a quick glimpse of blue and green so thought it might be a Blue Tit. It had heeded the Government requirement to self-isolate and stay at home. I also found two chewed letters, one from HMRC and my credit card renewal. The box was now 2/3rds full and I realized the bird had been having a spend in Dunelm as there were pillows and a duvet and curtains! I was a bit concerned as the post man couldn't read and the poor bird must have been happily having breakfast and all of a sudden the room went dark and he was sitting with a credit card on his head. I now have to explain to my Accountant why I have a dog eared, or should it be a bird eared torn letter from the taxman.

I haven't seen the little bird since it had been safely in self-isolation so I do hope it no longer has a headache and will return to his cosy mansion any time soon.

Kind regards
Anne Steel

Update: bird is now safely back in residence!

VEGETABLE GARDENING GROUP VIRTUAL MEETING

Have you come across Zoom? I had never heard of it until a few weeks ago, and now it seems everyone is using it for virtual meetings during lock-down. A member of the Vegetable Gardening Group had found Zoom perfect for staying in touch with family, and thought it would be a way of keeping in contact with group members. She kindly (and patiently) talked me through the process, and our first virtual meeting took place at the beginning of May, with eight members participating. I had emailed members prior to the meeting with discussion points - mainly a list of who had surplus plants and who wanted them - so business was completed within the 40 minutes of free time allowed. The only things missing were the tea, conversation and cake, which just goes to show that its that which takes up most of the usual meetings... but we knew that anyway!

Ann McGillivray

SHIPLEY PARK IN QUARANTINE

I made a little video of 'Shipley Park in Quarantine' - somewhat atmospheric, being devoid of people but full of birdsong and some wind. I uploaded it to Youtube and may be of some interest. Here's the link:

<https://www.youtube.com/watch?v=Menkk9LXdLY>

Geoff Gratton

LITERARY QUIZ - TEST YOUR KNOWLEDGE

1. Which novel follows the life of Captain John Yossarian during World War II?
2. The book *Swallows and Amazons* by Arthur Ransome is set in the summer of 1929 in which part of the UK?
3. Who wrote only two novels. *Agnes Grey* and *The Tenant of Wildfell Hall*?
4. *Mr Nice* is an autobiography of which former criminal?
5. What is the first name of Mr Grey in the 2011 erotic novel *Fifty Shades of Grey* by E L James?
6. What is the name of the dog in Enid Blyton's *Secret Seven* books?
7. Which book did Herman Melville begin writing in 1888, but was still left unfinished at his death in 1891?
8. What is the last name of the 20 year old protagonist of the book *Emma* by Jane Austen?
9. As of 2019, who is the youngest ever winner of the Nobel Prize for Literature?
10. Named after a Victorian book illustrator, which literary award is won annually for 'distinguished illustration in a book for children'?
11. Which book features the anti-heroine Becky Sharp?
12. What's the name of Captain Hook's ship in the 1911 novel *Peter Pan*?
13. *Hotel* is a 1965 novel by which author?
14. Which best-selling novel by Colleen McCullough is set primarily on a fictional sheep station in the Australian outback?
15. What is the last name of William in the Richmal Crompton book *Just William*?
16. Whose best known creation is Chief Inspector Wexford?
17. Which 1995 novel features Rob Fleming, a London record shop owner in his mid-thirties whose girlfriend, Laura, has just left him?
18. Frances Hodgson Burnett is best known for three children's novels, can you name any two?
19. The French word for death is also the title of which fantasy novel by British writer Terry Pratchett?
20. What is the last name of Dorothy in the L Frank Baum novel *The Wonderful Wizard of Oz*?

Keep well and stay safe
Sue Draper



Visited by the local peacock

Colin Fletcher

AN EVERYDAY STROLL

Oh, the joys of looking and listening to the everyday rhythms of Mother Nature

Some so quick and flitting – a glimpse catching the corner of the eye –

A flash of orange, a flutter of wings, dancing hither and thither.

Others, slow and gentle, the waking of a tender bud of the cherry waiting to burst forth to lift and enlighten us.

Looking up, a first Swallow, soaring and swooping with such ease and freedom, even after her journey from so far away.

The songs of the Robin and Chaffinch welcomes us from dawn to dusk

And the tiny busy Wren shrills in high voice proclaiming to the world that he is boss.

Lockdown April 2020

Barry Doran



Strolling by Moorgreen Reservoir

Paul & Chrys Millington

RENEWALS

For anyone who hasn't yet renewed their membership the bank details are:

Name of payee: Eastwood & District U3A Amount: £20

Sort code: 60-07-28 Account no: 456 35 714

Reference: **Your name & membership no** (this is essential for the treasurer to pick out who has paid)

You must also complete a renewal form and email the treasurer to confirm payment:

Treasurer@EastwoodU3A.org

QUIZ ANSWERS

1. Catch-22 (by Joseph Heller)
2. The Lake District
3. Anne Bronte
4. Howard Marks
5. Christian
6. Scamper
7. Billy Bud
8. (Emm) Woodhouse
9. Rudyard Kipling
10. Kate Greenaway Medal
11. Vanity Fair
12. Jolly Roger
13. Arthur Holey
14. The Thorn Birds
15. Brown
16. Ruth Rendell
17. High Fidelity (by Nick Hornby)
18. Little Lord Fauntleroy, A Little Princess and The Secret Garden
19. Mort
20. Gale (and out of interest the 'L' in Frank L Baum stands for Lyman)

LOCKDOWN 2020

Sitting on the patio, soaking up the sun,
Contemplating Lockdown, on week 5.
Exercise encouraged, we may cycle, walk or run.
But woe betide us if far we dare to drive!

Sitting on the patio, with drink on Bistro table.
Contemplating choice of drink now not driving car!
Coffee, tea & wine thankfully all available!
So there's no need of trip to local bar!

Sitting on the patio house phone close to hand.
Contemplating friendships old & new.
No schedule for contacting but yes there is demand,
To show we care and that our love is true!

Sitting on the patio looking all around,
Contemplating Derbyshire's special view.
Valleys, hills, dales, woodlands, all of these abound
Seasons changing each from old to new!

Sitting on the patio, feeling really blessed,
Contemplating so many sadly now deceased.
And those who mourn their loss, feeling grief and stressed.
We pray soon daily numbers aren't increased!

Sitting on the patio breathing in fresh air.
Contemplating just how precious is our breath.
Thinking of our NHS and all who help & care.
Praying for an end to all this death!

Linda Arnold

AND PEOPLE STAYED AT HOME

*A famine poem by Kathleen O'Mara (1869)
Republished in 1818 for the Spanish Flu
and still relevant today.*

And people stayed at home
And read books
And listened
And they rested
And did exercises
And made art and played
And learned new ways of being
And stopped and listened
More deeply
Someone meditated, someone prayed
Someone met their shadow
And people began to think differently
And people healed.
And in the absence of people who
Lived in ignorant ways
Dangerous, meaningless and heartless,
The earth also began to heal
And when the danger ended and
People found themselves
They grieved for the dead
And made new choices
And dreamed of new visions
And created new ways of living
And completely healed the earth
Just as they were healed.

Although this poem has been widely attributed to
Kathleen O'Mara it was actually written by
Kitty O'Meara in 2020.