



Items for the newsletter should be emailed to

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

**Deadline Monday 16<sup>th</sup> November**



## Message from the Chairman



Hello everyone,

I hope you are all remaining safe and well. As things are still constantly changing your committee has been planning ahead for the next few months.

Clearly we are going to have to adapt to the current and long term conditions so we have put together a package of virtual events.

We are planning to resume our usual meetings on Zoom with speakers. These will happen on our usual meeting day but may be in the afternoon rather than morning sometimes. Keep an eye on the newsletter for more information

We are also planning to have Zoom Coffee Mornings; some will be for members completely new to Zoom, some for members who use Zoom but haven't been on the training and are not sure of the etiquette for when you mute/unmute, turn your video off etc. There will also be open Zoom Coffee Mornings where anyone can just turn up. In these members will be split into smaller groups so they can chat. These will be run by our own committee members.

I know some of you are not keen on Zoom but if we are to combat loneliness and look after our mental health it is vital we maintain some contact. So give it a go. I always say these things are like buying a new washing machine and thinking you will never understand the instructions. What happens? In a week you are pressing buttons as if you have been doing it all your life. So take that leap.

What is the saying? Do something every day that scares you. Well, maybe not every day but do give it a go.

Finally, if you know of someone who is isolated and/or not IT savvy maybe you could help them or let the committee know and we might be able to sort out some support.

Stay safe everyone

All the best *Chris*

## Monthly Meetings on Zoom

**November 4<sup>th</sup> A Morning with Fool's Gold**

**December 2<sup>nd</sup> Jack Perks – Diary of a Wildlife Photographer: Lockdown**

Look out for the email notice. You will need to request an invitation to the meeting.

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.

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)

# FOOL'S GOLD



## THE ZOOM SHOW!

**Eastwood & District U3A**

**4 November 2020 10.00am**

**SHOW PROGRAMME**

### MICRO BREWERY/PUB PALS

We met at the Gate Inn at Awsworth on Wednesday 7<sup>th</sup> October at approximately 12 pm.

On entering the pub we were asked to sit down in the socially distanced snug with all seating arranged in such a manner that left us in no doubt as to where to sit; I must point out that the landlady came into the room to ensure we were socially and safely distanced in accordance with Government and her requirements.

Five of the group met up, Geoff Gration, Rob Leam, Jim Stirland, John Street and myself, Barry Seeley; not a great deal of people but, with the attendees coming from 5 different walks of life the subjects we discussed were both interesting and varied, ranging from our thoughts on the present crisis (of course), to our various experiences throughout our colourful lives and onto other matters of interest.

Given the latest restrictions, our next planned meeting, Wednesday 21<sup>st</sup> October at the Gate Inn probably will not take place – unless we can meet outside.

Lets keep our fingers crossed and hope that the situation changes for the better and we meet as planned.

Please stay safe and well everybody.

*Barry Seeley*



Sparrow hawk looking into our conservatory on Thursday.  
*Chrys Millington*

I'm realising what a great boon the new NHS app is to those of us no longer young.

If you can't remember where you are, just wave your phone at the nearest QR code and hey presto, it will tell you.

### HAVE A GO AT THIS

All the answers start with 'MON'

- 1 2nd word of a dangerous gas
- 2 supreme ruler
- 3 where the monks hang out
- 4 dosh
- 5 trader or dealer
- 6 a cur
- 7 slang name for name
- 8 school prefect
- 9 religious chap
- 10 famous for their tea parties?
- 11 drones on and on
- 12 bad weather abroad somewhere
- 13 could it describe Frankenstein ?
- 14 rikki tikki tavi
- 15 single block of shaped stone
- 16 poisonous hood shaped flower
- 17 a composite picture
- 18 outrageously ugly thing
- 19 having taken 1 bride only
- 20 early aircraft

*Pat Potter*

### ALL THE FUN OF THE FAIR

It isn't until we're walking down Noel Street and I see the coloured lights in the distance that I feel a familiar flip of anticipation. I don't let it show though. I'm with my mates, and they're cool about it being the first night of Goose Fair. It is old hat; after all, we are all Nottingham girls, and we've grown up with the Goose Fair arriving every year on the first Thursday in October.

\* \* \*

I'm just fourteen, and it's only the second time I've been allowed to go without my parents or sister. As I shake my anorak pocket and hear all those half-crowns jostling together, I congratulate myself on squirreling away my papergirl wages for this special night.

As we draw nearer, I breathe in all the Goose Fairish smells, and that flip of anticipation turns into a gigantic, stomach-churning, rollercoaster of excitement. The mouth-watering smells of candy floss, hot dogs, onions, and mushy peas, etc, mingling happily with the acrid reek of diesel fumes from juddering generators, mmm. It's 1964, the sounds of the sixties are everywhere, and I feel like I've died and gone to Heaven.

We head for the Waltzers, and teeter on the top step, waiting for it to slow down so we can grab a vacant car. Elbows are our tour de force to evict any tardy occupants; we just ignore the tuts, curses and scowls, and there we sit, squashed up, sardine-like, waiting.

"Remember, scream as loud as you can, then we'll get more spins. "Christine Fleming shouts, and demonstrates her advice in an ear-splitting fashion, disregarding the stares from the next lot of top-step-teeterers.

Just as the ride starts moving once again, John Lennon's gritty guttural voice sings out:

"Well Shake It Up Baby!"

"Twist and Shout!" we all shriek in response.

As the ride gains momentum, so do our shrieks, screams, and singing, and, as Christine predicted, we suddenly feel a big shove sending our car spinning at an impossible speed. As we slow to a gentler gyrate, I look around, and there he is, the lad of my dreams. With his curly black hair and the twinkliest blue eyes ever, I think I've fallen in love, there and then. He reminds me of Ian McShane, the gypsy boy in a film, Sky West and Crooked, with Hayley Mills. He wore a gold hoop in one ear too.

Then we're off again, round and round we go but all too soon the music lowers and the ride gradually slows. As the others scramble out, I stay put.

"Christine." I yell. "I'm having another go." And rummaging in my pocket, I dig out another half-crown and pass it to gypsy-boy. I cannot believe it when he shouts to his mate,

"Jed, take over for me will ya? I'm having me break." And he clambers into the car and sits beside me, sardine-like...

*Shirley McIntyre*

### QUIZ CORNER

There is a link to a new quiz

**HAMMOND'S 2020 LOCKDOWN QUIZ**

**on the website under the \*CORONAVIRUS tab**

### TRAILS WITH ALES



We were tired of the typical country pub walk – a drive to some distant pub for a circular walk ending in just the one drink before driving back home. So, we decided to abandon the car and explore the countryside, the history, and the pubs around us in the old coalfields of Nottinghamshire and Derbyshire. After several months of careful research, conscientiously sampling the beer in many great pubs, and walking the different routes between them, we came up with these 'calorie neutral and carbon friendly!' multi-pub walks. We use local buses to get to and from different start and finish points, and we have the opportunity for a good beer or two (or three or four), burning off the calories and the alcohol en route. Thanks to the internet we were able to gen up on the many points of historical interest that we encountered on the routes. We hope to keep adding new routes, and new pubs, as our research continues.....

Rob Leam, Pete Hayden, Geoff Gratton  
[www.trailswithales.co.uk](http://www.trailswithales.co.uk)

### OUT & ABOUT



The headstocks at Shipley.  
 Over the years many miners have worked behind these gates; they carry a history of local memories.  
 Len Marsh

### BREAKING NEWS ...

There's been a fight in the biscuit tin, a lad called **Rocky** hit a **Penguin** over the head with a **Club**, tied him to a **Wagon Wheel** with a **Blue Riband** and made his **Breakaway** in a **Taxi**. Police say **Rocky** was last seen just **After Eight** in **Maryland** with a **Ginger Nut** known to police as **Rich T**. They didn't leave a crumb of evidence so the **Jammy Dodger** got away with it!

### ZOOM TUTORIAL COFFEE MORNINGS

**Zoom Newbie Coffee Mornings**  
 for those members who haven't been on Zoom.

**Zoom Etiquette Coffee Mornings**  
 for members who have already been on Zoom but would like to know what to expect – and what is expected of them - at the Monthly Meetings.

Margaret Naylor  
[newsletter@Eastwoodu3a.org](mailto:newsletter@Eastwoodu3a.org)

### u3a Eye

Get involved in u3a **Eye**. Are you a budding photographer? Keen to learn a new skill or simply interested in the world around you and how it appears? U3a are running a fortnightly project to encourage people to take and submit pictures of their surroundings during this unprecedented time. .

<https://www.u3a.org.uk/learning/national-programmes/u3a-eye>

Donald is walking out of the White House and heading towards his limo when a possible assassin steps forward and aims a gun.

A secret service agent, new on the job, shouts "Mickey Mouse!"

This startles the would-be assassin and he is captured.

Later the secret service agent's supervisor takes him aside and asks, "Whatever made you shout Mickey Mouse?"

Blushing, the agent replies, "I got nervous. I meant to shout "Donald, duck!"



**Jay's Virtual Pub Quiz** is a streamed general knowledge charity **quiz**, inspired by the British tradition of **pub quizzes**. It is hosted by **Jay Flynn**, a former publican, and began airing following the closure of **pubs** as a result of the UK's response to the COVID-19 pandemic.

[https://www.youtube.com/channel/UCLcSajJWHJeDWD\\_SbdorBRw](https://www.youtube.com/channel/UCLcSajJWHJeDWD_SbdorBRw)

### FACEBOOK – u3a: Keeping in Touch

This Facebook group is for the U3A members to stay in contact with each other and also a place to share ideas that some U3As are using to maintain learning and interests and to keep in touch in the current situation.

**IN FOCUS**



*Caroline Winfield*

We have created a new webpage to display photographs taken by members.

This not a competition but a challenge, encouraging our members to get involved.

We will have a theme each month and this month's theme is **Autumn Colours**.

Take a photo on your mobile phone and send it to [webeditor@Eastwoodu3a.org](mailto:webeditor@Eastwoodu3a.org) with a note of what it is or where it was taken.

**NB.** The photographs

- must have been taken on a mobile phone – no fancy equipment
- must adhere to the theme
- maximum 1 photo per member per theme

Photos will be displayed on the **IN FOCUS** page of our website [eastwoodu3a.org](http://eastwoodu3a.org) and occasionally may go in the newsletter. If you have any thoughts on future themes please email [webeditor@Eastwoodu3a.org](mailto:webeditor@Eastwoodu3a.org)

**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](#)

[RBdigital Android](#)

**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*

**WALKS 5 MILES**

Just a few photos to remind you of the past walks, with our motto of walk in rain, shine, and even snow.

Rain



Shine



Even snow



Hopefully it won't be too long before we can resume.

*Roger Reynolds*



## 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

**In line with government recommendations, the u3a does not currently support groups meeting face to face, except 6 people outside.**

**However, small groups of people have begun to meet socially outdoors - following Government guidelines.**

**Bird Watching & Wildlife:** intend to get together on usual dates if possible. This will be socially distanced and following Government guidelines. Contact Paul 07986 037 871

**Coffee Mates:** groups of up to 6 meeting outdoors, following Government guidelines. Contact Andrea

**Micro Brewery/Pub Pals:** getting together, socially distanced and following Government guidelines. Contact Barry 07452 812 758

### GROUPS MEETING ON ZOOM

**Art Appreciation:** contact Helen 01773 710 743

**Coffee & Co:** a small number of members are meeting on Zoom at the usual date and time. Contact Barbara 01159 468 721.

**Family History:** meeting on Zoom on the usual date and time. Contact Diana 01159 169 343

**French Conversation:** hoping to start meeting on Zoom in the next month. Contact Peter 01159 384 033

**History of England:** meeting on Zoom on the usual date and time. Contact Janet 01773 770 183

### KNIT AID

After almost 6 years as Group Contact for Knit Aid, Sandra Talmey is hanging up her knitting needles. During this time the members have made many items for local, national and international charities including:

- fish and chip vest and hat sets sent to Africa, along with blankets, toddler jumpers, baby cardigans, hats and teddy bears;
- squares to be made into blankets or dressing gowns and teddy bears for Knit for Peace who distribute to wherever they are needed most in the world;
- premature baby hats for Nottingham City Hospital;
- Christmas tree decorations and a nativity scene, which have been sold in aid of Marie Curie. Funds raised go to help provide Marie Curie nurses for local terminally ill patients.

Our thanks to Sandra for all the years of sourcing the information and dispatching the knitted items to where they were needed. Knit Aid will now merge with the Craft Group.

### COFFEE MATES



Coffee Mates first venue meeting since lockdown. Enjoyed by all. Can only have 6 at a time but hope to see everyone over the next few weeks. *Andrea Sadler*

### MEETING OUTSIDE

**Reuben Coffee House, Moorgreen** has outside tables and patio heater.

**Mulberry Café, Strelley** has Gazebos and patio heaters.

Anywhere else?

Let me know and I'll put a list in the newsletter and on the website.

[Newsletter@Eastwoodu3a.org](mailto:Newsletter@Eastwoodu3a.org)

ps. These are not recommendations, simply information.

### ONLINE BOARD GAMES GROUP

Now that winter is on the way and it looks like lock-down is going to be with us until next year, I thought I might set up an online board games group. There are actually thousands of board games available online and all you need is a computer - a lap-top is fine - and a microphone. While some games require a subscription to play, the vast majority are free and you can explore some at [www.boardgamearena.com](http://www.boardgamearena.com) and [www.tabletopia.com](http://www.tabletopia.com).

Here are a couple of games I've been playing a lot in another u3a group:

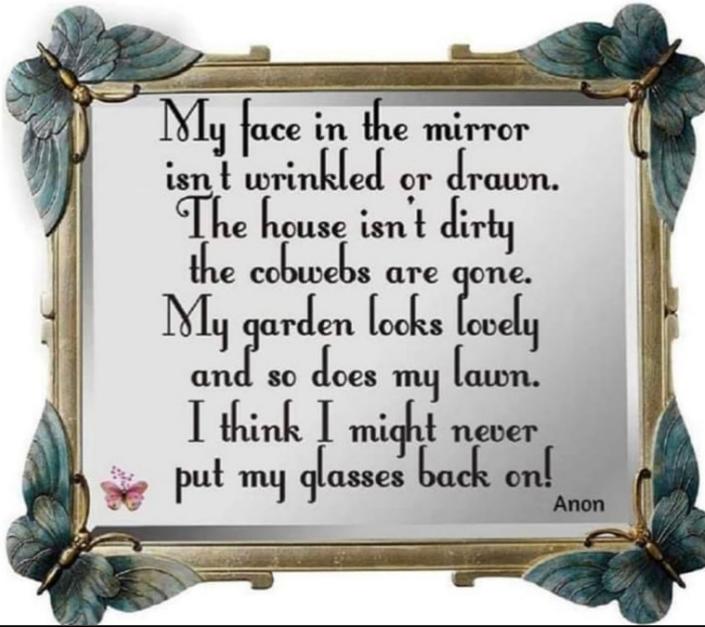
#### Off the Rails

Here you lay track for mine carts to try and pick up the jewels that appear in the mine. You get extra points if you can hit other players mine carts but you need to keep an eye on the time because towards the end the roof starts falling in. The player with the most jewels at the end wins.

#### Colt Express

Here we all play bandits trying to rob a train in the old west. You use cards to give your bandit a series of actions like stealing stuff, punching other bandits, running along the top of the train and so on. Everyone's actions then run together which is when you discover that the loot you were after has already been purloined by someone else and the bandit you thought you were going to punch isn't there anymore; but there'll be another one along in a minute!

The group will have one formal meeting date each month so everyone can find it with confidence, but there's no reason why members can't organise sessions beyond that. If you're interested, drop me a line at [marshalu3a@btinternet.com](mailto:marshalu3a@btinternet.com) *Marshal Anderson*



**BOOK GROUP**  
**(u3a LITERARY AND POTATO PEEL PIE SOCIETY)**

The Book Club continues to function successfully in lockdown and we have even increased our membership.

At the early stages of lockdown our contact was primarily through email and then through a couple of sessions on Zoom, although this was not popular with our members. Over the last 3 months we have held two informal garden meetings and one indoor meeting in a large and well-ventilated studio. On each occasion we have strictly adhered to the recommended guidelines on social distancing and numbers. Future outdoor meetings will prove more challenging with the onset of colder weather, but I am sure we will make every effort to continue our monthly get together if possible.

Thankfully the Eastwood Library is once again able to lend the group a monthly book choice for us to read and discuss.

The last selection was The Humans by Matt Haig which was generally enjoyed by all members and the current book is The Keeper of Lost Things by Ruth Hogan.

*Sue Draper*

**u3a - Online Events**

The Third Age Trust offer selected national events online ensuring that learning is still available to all u3as and their members. This includes events with the National Gallery, Royal Institution, Guildhall Art Gallery, and the British Library (for which there may be a charge).

They also offering a number of workshops, webinars and interactive sessions delivered by members for members, which are free to join.

<https://www.u3a.org.uk/events/educational-events>

**u3a RADIO - EPISODE 1**

The first ever u3a radio officially launched at 2pm on 29th September, directly after the national AGM.

The national office learning team have been working with member volunteers who are skilled in broadcasting and you can keep listening to u3a radio wherever you are as it is delivered as a recorded podcast.

This pilot features a series of interviews and features from across the movement all themed around looking forward. We are very excited about this project which we aim to grow and develop over the coming year.

There will be another pilot before Christmas. Please tell your friends and colleagues to tune in! If you have an interesting story to tell - get in touch - you can email us at: [communications@u3a.org.uk](mailto:communications@u3a.org.uk)

To listen:

<https://youtu.be/9zGNxpUSUAc>

**SENIOR THOUGHTS**

It's OK to talk to yourself – there are times when you need expert advice.

'In Style' are the clothes that still fit.

The biggest lie you tell yourself is "I don't need to write that down. I'll remember it."

"On time" is when you get there



**NOTE FROM THE EDITOR**

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

- |             |                |
|-------------|----------------|
| MON ANSWERS |                |
| 1 MONOXIDE  | 11 MONOTONOUS  |
| 2 MONARCH   | 12 MONSOON     |
| 3 MONASTERY | 13 MONSTER     |
| 4 MONEY     | 14 MONGOOSE    |
| 5 MONGER    | 15 MONOLITH    |
| 6 MONGREL   | 16 MONKSHOOD   |
| 7 MONKER    | 17 MONTAGE     |
| 8 MONITOR   | 18 MONSTROSITY |
| 9 MONK      | 19 MONOGAMY    |
| 10 MONKEYS  | 20 MONOPLANE   |

