

Items for the newsletter should be emailed to

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

**Deadline Monday 19<sup>th</sup> April**



## Message from the Vice-Chairman

Hi Everyone,

I hope you are all well and looking forward to restrictions gradually lifting.

Our article in the Eastwood and Kimberley Advertiser went down well and has been circulated to other u3as in the Notts Network. They will be able to adapt and use it to advertise their own groups. Everyone was very complimentary which is great and hopefully we will be able to do another piece for u3a day on 2<sup>nd</sup> June.

Did everyone see the Tonight programme? The u3a was cited by the programme as an organisation that embraces life and is keen to try new things. We certainly are; this is clear when we have new interest groups starting even in the midst of a pandemic.

Evidence to support this view is all around us; the Oscar nominations have just been announced and Anthony Hopkins is the oldest person to be nominated at 83. At 86, Sophia Loren's new film on Netflix 'The Life Ahead' has been critically acclaimed. Joe Biden, as we have often been reminded is 78 and the Queen is 95 next month. Never mind 50 being the new 40, I think 70 is the new 40. So bring it on I say!

Stay safe everyone

Chris

## Be careful ...

A friend had his 2<sup>nd</sup> injection of the vaccine at the vaccination centre and had blurred vision all the way home. When he got home he called the centre for advice and to ask if he should go to see a doctor.

He was told to go back immediately .... to collect his own glasses and return the glasses belonging to the nurse - which he had taken mistakenly.

## Monthly Meetings on Zoom

April	7 <sup>th</sup>	Christine Green – Working for Auntie (BBC)
May	5 <sup>th</sup>	Steve Herra - Cunard History and Glamorous Stars

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.

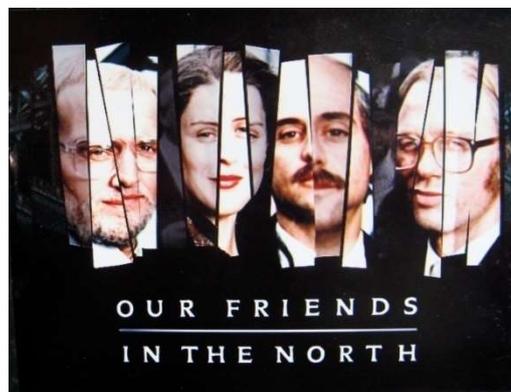
Membership Secretary [membership@eastwoodu3a.org](mailto:membership@eastwoodu3a.org)

Executive Committee Members:

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

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

## APRIL MONTHLY MEETING



### Working for Auntie- Christine Green

Christine was a graphic designer for the BBC for 13 years and worked on shows as diverse as the Queen's Christmas Speech, Our Friends in the North, Tracey Beaker and Foyles War. She has numerous examples of sequences, storyboards and artworks to show and was BAFTA nominated for her work on Cambridge Spies.

<https://christinegreencrafts.co.uk/>

## MARCH 2021:

**Pretty much the same as March 2020, but now we have toilet paper.**

## NOTIFICATION OF EASTWOOD & DISTRICT u3a 7th AGM

Notification is given of the 7th Annual General Meeting of the Eastwood & District u3a.

It will be held on Zoom at 10.00 am on the 2<sup>nd</sup> June 2021.

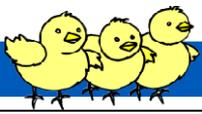
If you are acting as a proposer/seconded, please ensure that the individual is willing to stand in that role. All nominations must be received before 12 noon on the 5<sup>th</sup> May 2021.

Please note: There are currently urgent vacancies for the following roles: **Chairman, Vice Chairman and Business Secretary**. For further details please contact a member of the committee

Please send all nominations to [Business.secretary@Eastwoodu3a.org](mailto:Business.secretary@Eastwoodu3a.org) or text/call Linda on 07712277962

## COMMITTEE ROLES.

Anyone who may be interested in joining the committee this year is always welcome to attend a meeting, usually the Monday after our monthly meeting. Contact [Business.secretary@Eastwoodu3a.org](mailto:Business.secretary@Eastwoodu3a.org)



### A STITCH IN (A HAPPIER) TIME

For thirty years Doris was a skilled sewing machinist  
 She isn't any more – she's long been dismissed.  
 Like countless others given redundancy  
 as the axe fell on Nottingham's clothing industry.  
 The Lace Market was a bustling hive of activity  
 until the bean counters started talking productivity.  
 We can make our clothes cheaper abroad they roared,  
 Increased profits will be our reward.  
 The balance sheets couldn't be ignored  
 As thousands of jobs were put to the sword  
 There's nothing left – it's all disappeared  
 Just fancy apartments and pieds-à-terre.  
 Doris doesn't make clothes anymore  
 She now stacks shelves in a superstore.  
 The waste of her skills is a terrible shame  
 She just did her job – she wasn't to blame.

David Willey

### CHAIN WORDS

Find a word which fits between the words below to make a new word or phrase e.g. ICING 'SUGAR' DADDY

- |            |         |             |        |
|------------|---------|-------------|--------|
| 1 ICING    | DADDY   | 16 NEWS     | HAT    |
| 2 DOUBLE   | TIME    | 17 EXERCISE | TAPE   |
| 3 MOBILE   | CALL    | 18 BILLIARD | SPOON  |
| 4 GRAND    | TUNER   | 19 FLAG     | DANCE  |
| 5 EASTER   | CUP     | 20 HOLY     | HIDE   |
| 6 BED      | SERVICE | 21 MOCHA    | SHOP   |
| 7 ALARM    | FACE    | 22 SUMMER   | VILLA  |
| 8 STREET   | LIGHT   | 23 PETROL   | MASTER |
| 9 BIRTHDAY | LINE    | 24 BRASS    | ROOM   |
| 10 COAL    | HOST    | 25 DRAWING  | BALL   |
| 11 FEATHER | FIGHT   | 26 ROYAL    | TREE   |
| 12 RIVER   | LOAN    | 27 HOT      | BAR    |
| 13 SWISS   | OVER    | 28 TOM      | FLAP   |
| 14 WEDDING | FENCE   | 29 DEAD     | DOWN   |
| 15 MILK    | TOP     | 30 TAKE     | TAKE   |



Pat Potter

### EASTWOOD & DISTRICT u3a EXECUTIVE COMMITTEE NOMINATIONS

The following members of the Executive Committee are willing to be nominated for the coming year.

- |                 |           |
|-----------------|-----------|
| Keith Sherwood  | Treasurer |
| Barry Doran     |           |
| Janet Gibson    |           |
| Peter Hayden    |           |
| Margaret Naylor |           |

The following members are willing to be nominated for the coming year:

- |               |                       |
|---------------|-----------------------|
| Jayne Holmes  | (Business Secretary?) |
| Janet Lander  |                       |
| Toni Williams |                       |

The following offices are currently vacant:

Chairman, Vice Chairman, Business Secretary

Where 2 or more members are nominated for the same position a ballot will be held.

Please nominate one of the above people, or yourself or any other member (with their permission). You may nominate a maximum of two people.

Please send nominations by **5th May 2021** to

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

The committee members who are standing down will be vacating crucial roles within the remit of the committee.

The main roles which need to be filled are described on Page 6. Could you fill one of these positions?

### DUCKLING AWARDS

Anyone who has young grand children or great grand children may be interested in 2 award schemes that are part of the Swim England: Learn to Swim Programme.

The Discovery Duckling Award is a 4 part learn to swim experience for babies and toddlers, with a follow-on called The Duckling Awards concentrating on building up confidence, experience and independence in the water prior to learning to swim! Suitable for babies from birth (subject to Health Visitor Advice), they are also an excellent starting point for pre-school children new to swimming. Each level of each scheme has certificates and badges available. Parents are allowed in the water for reassurance and assistance.

The awards form part of a framework to promote swimming at all ages and in

For further information, contact Swim England, your local pool, or [www.swimming.org/learntoswim/swim-england/learn-to-swim-programme](http://www.swimming.org/learntoswim/swim-england/learn-to-swim-programme)

Jayne Holmes



Yesterday my husband thought he saw a cockroach in the kitchen. He sprayed everything down and cleaned thoroughly. Today I'm putting the cockroach in the bathroom.

## 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.**

### GROUPS MEETING ON ZOOM

**Art Appreciation:** meeting on Zoom on the usual date and time. Contact Helen 01773 710743

**Book Group:** This group continues to share its views and opinions by email and Zoom meetings held on the first Monday of the month. Contact Sue 01773 717 676 or Pauline 01773 788 366

**Coffee & Co:** have temporarily changed to afternoon tea, meeting on Zoom at 3.00 pm for the next few months. Contact Barbara 01159 468 721

**Coffee Mates:** Contact Andrea 07927 660 408

**Computer Drop-in/IT:** meeting on Zoom on Thursday 25<sup>th</sup> March. Contact Bob [raford3uk@gmail.com](mailto:raford3uk@gmail.com)

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

**Discussion:** Thursday 25<sup>th</sup> March 11.00 am  
Contact [webeditor@eastwoodu3a.org](mailto:webeditor@eastwoodu3a.org)

**Everyday Science:** Meeting on Zoom at the normal day/time. Contact Doris 01773 710504

**Family History: NB. Our next meeting will be held on March 29<sup>th</sup> – this is one week later than usual.** Contact Diana 0115 9169343

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

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

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

**Radio Waves:** Friday 26<sup>th</sup> March 10.00 am. Topic **Resistance is futile.** Contact [webeditor@eastwoodu3a.org](mailto:webeditor@eastwoodu3a.org)

**Vegetable Gardening:** Contact Ann 01773 767686

**War Babies & Boomers:** meeting on WhatsApp & Zoom. Contact Ann [warbabies@eastwoodu3a.org](mailto:warbabies@eastwoodu3a.org)

**Could more groups be meeting online – if only for a chat?**

**What new groups would you like?**



### IN FOCUS – FAVOURITE PHOTOGRAPH

The theme for April is your Favourite Photograph. Send photo(s) to [webeditor@eastwoodu3a.org](mailto:webeditor@eastwoodu3a.org), with a note and description - what it is or where it was taken, plus your name. If you haven't looked at the photos yet, you'll find them in **MEMBERS, IN FOCUS** on the website.

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

### 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.

**"HOW DID THAT HAPPEN?"**

In the space of a week I had not one, but two unexpected virtual encounters with young men! How you might ask? Or as some female friends noted "lucky me!"

The first was the result of an email fiasco! A local couple who are dear friends, on both taking early retirement last year, are both very busy during lockdown. The husband recently started making handmade soaps as a hobby with intent of giving them to friends and family. Asking me if I'd like to try some they gave me two bars. Both bars were neatly wrapped and tied, with note attached containing all relevant information including email address for welcomed feedback. After a few uses and encouraged by his wife I therefore sent an email reporting thoughts and preference and all seemed well. However the following day I received an email from an unknown young man with the same name saying:-

"Hi. You've emailed the wrong -----, haha. I have no idea what you're talking about."

Apologies sent in surprised response thinking and saying that the error must surely be mine BUT on checking found this was NOT so! A swift phone call to my friends revealed the error was theirs or rather his! His email address needed the addition of 65! We trust he changed ALL printed sheets asap to prevent this other namesake being inundated with unwanted soap reviews!

The second surprise encounter of the virtual kind happened when I FaceTimed my sister for the second time in one day! All family members' details are of course held in contacts on my mobile phone and as had already spoken briefly to her that morning, imagine our shock, surprise when a young man appeared on the screen! He looked at me, I looked at him and for a split second I considered whether he might be my nephew visiting BUT NO! he was bearded and the background did not compute!

"Hello, who are you" he said.

"Hello, I have no idea how this has happened. I was expecting to see my sister who I had clicked to FaceTime!"

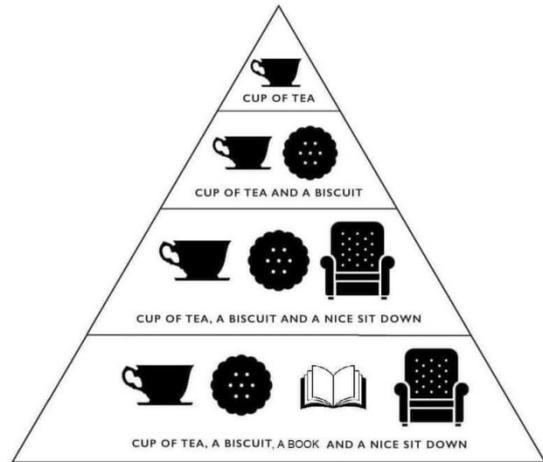
"Well it's been nice talking to you, stay safe" his reply.

"It's been nice talking to you too and likewise stay safe and well" I reply and then we end the connection and I WhatsApp video call my sister with tears of laughter that took a few moments to subside!

How did that possibly happen?

Linda Arnold

**BRITISH HIERARCHY OF NEEDS**



**THE GREEN MAN GALLERY**

I've submitted two of my paintings to "The Green Man gallery" exhibition for "The May Gathering". The reply from them was very encouraging. Anyone can enter images for the Exhibition. They will decide what is being exhibited after the entry deadline which is 31<sup>st</sup> March.

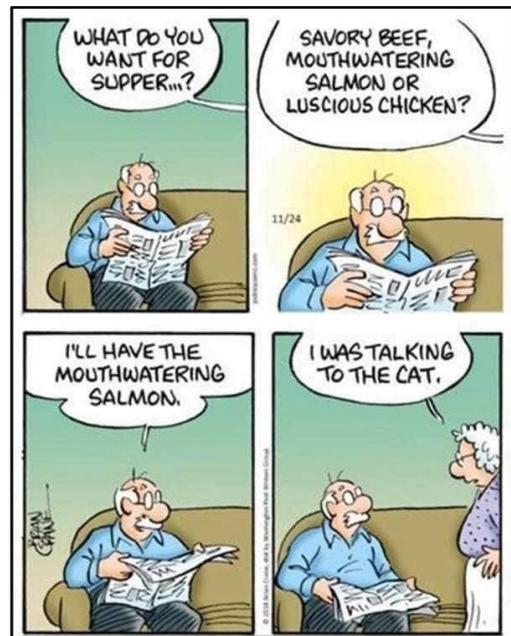
The gallery is in Buxton. There will be some amazing art on display when they reopen.

<https://www.thegreenmangallery.com>



Wayne Brown

CHAIN WORDS	ANSWERS
1 SUGAR	16 PAPER
2 BED	17 VIDEO
3 PHONE	18 TABLE
4 PIANO	19 POLE
5 EGG	20 COW
6 ROOM	21 COFFEE
7 CLOCK	22 HOLIDAY
8 LAMP	23 STATION
9 PARTY	24 TACK
10 MINE	25 PIN
11 PILLOW	26 FAMILY
12 BANK	27 CHOCOLATE
13 ROLL	28 CAT
14 RING	29 LOCK
15 BOTTLE	30 OVER



### MARCH MONTHLY MEETING ARCTIC AND ANTARCTIC EXPEDITIONS AS AN ARTIST ON BOARD A SCIENCE SHIP.



Another very successful monthly meeting was held on the 3<sup>rd</sup> March with 69 members joining on Zoom. The speaker was Beatrice Von Preussen, a young artist who had been on both Arctic and Antarctic expeditions with groups of scientists.

Beatrice told how her fascination with nature during her childhood led to her artwork starting with pond life. Beatrice became the Artist in residence at Battersea Children's Park Zoo where she held workshops for children and parents. She became a Science Communicator, which meant she shared knowledge from the experts. Beatrice was invited to a behind the scenes visit to the Natural History Museum where she discovered how scientists and artists had worked together in the past to record details when there had not been any cameras. This interest led her to apply for a place on the expedition to the high Arctic on the USA chartered sail ship Antigua, for which she was sponsored by the Winston Churchill Memorial Fund.

Beatrice showed some of the etchings she had made on opened out emptied boxes like matchboxes, which she had printed when back home. She returned to hold workshops based on the Arctic.

At the beginning of 2019 she was asked to join an expedition to Deception Island in the Antarctic with a team investigating microbial food webs. This took her through the roughest seas across Drakes Passage. The area has a lot of volcanoes which means there are hot spots amongst the cold and the snow and ice is black with ash from them. Beatrice described how uncomfortable they were, having to wear huge, male dry suits because of the dangers when getting off the ship, and the weather changing so quickly. One thing that disappointed her was the penguins she had been looking forward to seeing but they just caused the most awful stink and looked quite grubby.

She had kept us interested throughout with her detailed descriptions and lovely illustrations.

Full report on the website [www.eastwoodu3a.org](http://www.eastwoodu3a.org)

*Caroline Winfield*

### WAR BABIES AND BOOMERS

At our last meeting our main topic was Education, but, as we all have had, or are about to have injections for Covid, we talked briefly about **infectious diseases**, prevalent when we were children. Several people mentioned having measles and having to spend up to two weeks in a dark room to prevent damage to their eyes. Polio was an illness that caused breathing difficulties and muscle wastage. Images of rows of people lying in iron lungs in hospital were frightening, and we remembered children in leg callipers to help them walk. Mumps and chickenpox were also easily caught infections (sometimes children were taken to chickenpox 'parties' so that they would catch the disease.

Getting back to Education, even the youngest schoolchildren were expected to walk to school, often crossing several busy roads, or travel by bus and/or train, alone to school.

Most remembered learning times tables, up to the 12 times table; weights and measures; poetry, and £.s.d by rote – and being able to recite them still. Country dancing, singing, and the BBC broadcasts of education programmes, delivered via a radio in a huge cabinet were lasting memories.

Everyone was expected to sit the 11+ exam. In our school only 3 boys and 2 girls passed, while in a London school all but 4 boys passed, as was the expectation. There were mixed feelings among those who received their 'pass' results. Some wanted to go to the same school as their friends so turned down their place, causing arguments between their parents

There was not a lot of careers' advice. Girls were pointed towards teacher training or secretarial courses, few were encouraged to progress to sixth form, and even fewer to university. Boys who, for the first three years or so, lagged behind girls in lessons or exams, began to concentrate and achieve results when it came to GCE 'O' and 'A' level teaching.

The full report is on the webpage.

*Ann McGillivray*

### ART APPRECIATION

We had a very enjoyable presentation lead by Margaret on the enigma that is Banksy. We were all surprised both by how much work he has produced and by the diverse nature of it. He is well known as a graffiti artist but was also behind the 'Dismaland' installation at Weston super Mare, some years ago, and the 'Walled Off Hotel' on the West Bank, and there are several books and films too. We were not all aware of just how far around the world his works have been installed, including Nottingham of course with 'Hula Hoop Girl'.

We looked at the breadth of his work from beginnings as a graffiti artist and designer of album covers for the Bristol music scene, through various exhibitions and some of his well-known and controversial pieces. He very cleverly highlights political and social issues with recurring themes such as war and poverty. He was voted Britain's favourite artist in 2019.

He very often causes headlines as when the famous 'Girl with Balloon' shredded itself on being bought at auction for £1m+. The painting was not completely destroyed, and it could now be worth twice as much!

There is a lot more about him on the internet and his own website is [www.banksy.co.uk](http://www.banksy.co.uk). Margaret had a tough time picking out what to show us in our limited meeting time and I'm sure we'll all be exploring more about him.

Report and illustrations on the webpage.

*Helen Baker*

### NOTE FROM THE EDITOR

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

**WELFARE COORDINATOR**

The role of the Welfare Co-ordinator is to take all reasonable steps to ensure, where possible, that measures are in place to enable all members to have the opportunity to participate in all u3a activities, including those members with physical disabilities, hearing or sight impairment.

In the event of any member becoming seriously ill or passing away the Welfare Coordinator will:

- take any necessary action: send condolences, messages to relatives as and when appropriate
- keep the Membership Secretary and Treasurer informed in the event of the death of a member
- keep the appropriate Group Contacts informed in the case of the illness or death of a member of their group.

Term: maximum 3 **consecutive** years.

**SPEAKER FINDER**

The Speaker Finder ensures that the monthly meetings are provided with interesting and informative speakers.

Responsibilities include:

- Researching and storing information on possible speakers
- Contacting suitable speakers, checking availability, resource requirements and agreeing charges/expenses
- Liaising with the committee on future programme of speakers
- Confirming in writing to the speaker all the necessary information about venue, time and date of the meeting
- Ensuring that the speakers are given the resources they need and receive the agreed expenses
- Sending a personal letter of thanks to the speaker after the meeting.

Term: maximum 3 **consecutive** years.

**GROUPS' COORDINATOR**

The Groups' Coordinator supports all the Interest Groups. By listening to the needs and requirements of the group contacts and the membership, works with both to ensure needs are met.

Among their many and varied tasks the Group Coordinator:

- Communicates on a personal level with as many people as possible to keep abreast of current requirements and problems;
- Provides information and the opportunity to join Interest Groups at the Monthly Meeting;
- Sources potential public venues for Interest Group meetings;
- Keeps a file of information on Members' interests in order to set up new groups or help existing groups maintain their numbers;
- Organises regular Group Contacts' meetings to allow them to support one another, discuss any problems, suggest new ideas, receive relevant u3a updates etc.

Term: maximum 3 **consecutive** years.

**CHAIRMAN**

The Chairman, together with the Business Secretary, decides on an agenda and must be well informed on all the issues to be discussed and their relative importance and aware of where decisions are needed.

The Chairman holds a key position during meetings. He/she should have a strong enough personality to keep control of the meeting. It should be remembered that all decisions must be Committee decisions and that the Chairman has no special executive powers other than those stated in the constitution.

A sense of humour is vital! A good Chairman will vary his/her style according to the purpose of the meeting.

The Chairman must be a facilitator and an enabler. He/she should be a good listener as well as a communicator, controlling the length of the discussion to allow the meeting to move forward to the next item.

Term: maximum 3 **consecutive** years, maximum 9 years in total as an Officer.

**VICE CHAIRMAN**

One of the roles of a Vice Chairman is to deputise for the Chairman and so he/she will need to be familiar with all necessary procedures and able to assume responsibility at short notice, if required to do so.

We may consider having two Vice Chairmen in the hope that one at least, may consider standing for Chairman in the future. Our Vice Chairman will also be allocated other roles within the Committee.

Term: maximum 3 **consecutive** years, maximum 9 years in total as an Officer.

**BUSINESS SECRETARY**

The Business Secretary is the Committee organiser and the person most involved in the practical running of the u3a. He/she keeps the wheels of the organisation turning. The Chairman and the Business Secretary need to be able to work well together and agree upon a course of action. Mutual trust is essential.

The role of a good Business Secretary means he/she must be:

- A good organiser;
- systematic;
- diplomatic and approachable;
- a clear thinker.

Term: maximum 3 **consecutive** years, maximum 9 years in total as an Officer.

**Committee members who do not have a defined role themselves support other committee members in their roles, taking on ad hoc duties as required.**



Happy Easter