



Items for the newsletter should be emailed to

newsletter@eastwoodu3a.org

Deadline Monday 15th March



Message from the Vice-Chairman

Hello everyone,

Once again I trust you are all safe and well. I think there may be a touch of spring in the air. After the Arctic conditions we have had recently it has been a beautiful, crisp, sunny day today. There are snowdrops poking through the soil and the birds have found their voices. We are certainly ready for the clouds to lift in more ways than one.

Hands up if you have had your jab? I had mine on Saturday and was so impressed with the speed and efficiency of the operation. The NHS staff and volunteers were just fantastic and whatever else history will say about the pandemic we certainly got this bit right.

We wait for news everyday about when we might move out of our present situation but until then we must continue to keep safe, stay in touch in whatever way we can and most of all keep smiling.

Keep safe and all the best to you all.

Chris

MARCH MONTHLY MEETING



Beatrice Von Preussen Artist on board a Science Ship in the Arctic and Antarctica

Beatrice is a Brighton based designer, maker and illustrator. On a quest to find the world's northernmost printing press, she sailed around the Svalbard archipelago high in the Arctic Circle. Having met polar bears and found fossils she travelled to the Antarctic Peninsula in search of the world's southernmost printing press.

beatricevonpreussen.co.uk

I'll never forget the look on the cashier's face, when she scanned the packet of bird seed, and I asked her how long does it take for the birds to grow once I plant them.

SPRING

In less than 2 weeks it will be March.

Daffodils, sunshine, warmer days, longer days and new beginnings.

Keep going everyone, we can do this.



Monthly Meetings on Zoom

March 3rd Beatrice Von Preussen - Artist on board a Science Ship in the Arctic and Antarctica

April 7th Christine Green - Working for Auntie (BBC)
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

Executive Committee Members:

eastwoodu3a@gmail.com

Website: www.eastwoodu3a.org

YOUR u3a NEEDS YOU!

Eastwood & District u3a needs Committee Members to keep going next year (2021/22). If we do not fill the officer roles or do not get enough volunteers to come onto the committee next year Eastwood & District u3a will have to close.

We must have a new Chairman, Vice Chairman and Business Secretary. There are also several other vacancies and if we have a full Committee the work can be shared out, making it easier for everyone. It would be good if newer members could join us to bring in new ideas and it is a way of meeting different people. Please get in touch with any Committee member to find out more.

What does being on the committee involve?

Eastwood & District u3a Committee Members are Charity Trustees. Charity Trustees are the people responsible for governing a charity and directing how it is managed and run. They have overall responsibility for overseeing and leading the charity, ensuring it is solvent and well-run. In particular Trustees are expected to know, follow and promote the Principles of the u3a movement at every opportunity. Trustees serve as volunteers and receive no payment other than out of pocket expenses. They must put the interests of their charity first, work together as a team and assume collective responsibility.

If you would like to be nominated for the committee please contact us @ eastwoodu3a@gmail.com or speak to any committee member.

PLANNING CONSULTATION

There is currently a consultation re proposed plans for Eastwood:

- Walker Street site
- Swimming pool
- Hydrotherapy pool
- Gym
- Library site
- Medical centre
- Library
- Citizens advice
- Volunteer bureau
- CANYONS spruced up and seats placed at the top for the Lawrence View

There has recently been a leaflet drop in Eastwood and it is **vital for people to respond**.

Only 24% of people responded previously.



INVITATION TO PARTICIPATE IN ONLINE RESEARCH

We are contacting you to talk about an exciting research project we are running with adults **aged 60 and over** that can be completed **using a computer/laptop at home**. Myself (Hannah Broadbent) and my colleague (Ruman Hayre) are both PhD students at the School of Psychology, University of Nottingham working in partnership with the UKRI Economic and Social Research Council. Our research explores attention development and how we perceive depth in vision.

In everyday life, we use information from lighting to interpret depth when walking upstairs or stepping onto a curb, to ensure that we don't trip and fall. We are running some simple online computer tasks with adults aged 60 and over which can all be completed **from home** using an internet browser. In this study you will be asked to complete a series of odd-one-out tasks on your computer. We have made sure that the tasks are interesting and easy to follow to make the whole experience enjoyable!

In return for your time, you will win free attendance to one of our online webinars hosted by us and experts in the field of attention and vision (Dr Harriet Allen & Dr Lucy Cragg). This is a great way to learn something new, ask questions and have a conversation as we will be discussing some of our early findings as well as how the brain changes across the lifespan and how this affects how we pay attention and see things around us! More information about the online webinar can be found here <https://www.nottingham.ac.uk/psychology/outreach/online-public-engagement-events.aspx>

If you would like to participate in the study please visit www.tinyurl.com/researchatuon for more information and email us any queries (hannah.broadbent@nottingham.ac.uk). The project has been ethically approved and follows the new GDPR guidelines.

Hannah Broadbent and Ruman Hayre

PANCAKE DAY

The clang of the pan in the cluttered old cupboard.
The 'once a year' frying pan specially for pancakes.
The splintering crack of the egg shell now shattered
The puff of the flour as the fresh eggs plop in.

The clack of the whisk as it beats in the basin.
The plop and the flop of the slithery batter.
The sizzle as oil slicks the base of the hot pan.
The flare as the gas jet is geared up to seer heat.

The slow seal of batter. Be sure not to stick it!
The graze as the pancake is freed to be flipped.
The flap as it lands and that breath of relief.
The process repeats giving pancake perfection.

The sugar and the juicy and tangy poured orange juice.
The great expectation of mouthwatering moment.
The taste-bud sensation through this mix of magic.
The Fantastic February 'Day of Delights'.

PANCAKE DAY !

Pat Potter

I was going to procrastinate, but I think I'll put it off until tomorrow.

THE GREASLEY STORY

I was one of the members that worked with the Greasley Civic Society Group and it was interesting to find that Greasley was not the Greasley we know today but a much larger area. As a lot of our members live in the earlier Greasley area I thought a group of members could look into the original area, how it originated and the changes that have taken place until present day. We can look at people or families that have influenced the area, employment and industries. There are many topics to study and investigate. A visit to the archives in Nottingham with a tutorial by staff as to what is available for them to use could be interesting. The Coal Authority will have all the records of mining in the area. There will always be local people with in-sights together with local history groups.

This group would lend itself to walking some of the area.

Those are some of my thoughts but I expect a good brain storming session will throw up many more.

I don't mind running the group but all members will be expected to take a full part.

Jim Stirland 07977 415 072

Group Information

New Groups

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

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

Board Games Online: now meeting twice a month: 2.00 pm 2nd Fridays and 3.00 pm 4th Tuesdays. Contact Marshal on marshalu3a@btopenworld.com.

Church History: Meeting on Zoom. Contact Marianne 01159 134 077

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: now meeting on Zoom on the usual date and times. Contact Andrea 07927 660 408

Creative Writing: Contact Chris 07891 032 300

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

Family History: meeting on Zoom on the usual date and time. 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

Poetry: hope to be meeting on Zoom soon. Contact Barry Seeley – Group Coordinator for information groups.coordinator@eastwoodu3a.org

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

War Babies & Boomers: meeting on WhatsApp & Zoom. Contact Ann warbabies@eastwoodu3a.org

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

What new groups would you like?

BEACON

All emails from Eastwood & District u3a come via BEACON.

If you aren't getting email messages from your Group Contacts it may be that your mail system thinks that they are spam.

Make sure your mail system recognises BEACON email addresses. If unsure contact Bob

webeditor@eastwoodu3a.org

ART APPRECIATION

At our first meeting of 2021 we made our plans for the year. We will continue to meet via Zoom on the third Monday of each month at 10:30 am until we're allowed out to visit museums and galleries! This month 11 out of the 17 group members joined in, the biggest turnout so far since lockdown began last year.

The list of topics we hope to cover this year are Roy Lichtenstein, The Pitman Painters, Magritte, Clarisse Cliff, celebrity artists, Banksy and Pointillism. We also hope to have a guest speaker on Native American art and British female Surrealists.

We then enjoyed a presentation by Janet on Alfred Wallis. He was a Cornish fisherman who turned to painting very late in life. He was unable to afford the usual artist materials so used ship's paint etc and often worked on scraps of wood and card and with a limited colour palette. He died in the workhouse in 1942 not having been recognised for his talent in his lifetime, but his paintings are now worth many thousands of pounds.



There was a bumper turnout for our meeting in February, 13 out of 17 members.

David gave us a presentation on Roy Lichtenstein, starting with a brief outline of his early life and career. He showed a number of examples of different styles of his work which piqued our interest and gave rise to a variety of questions which give us all something to research further.

Lichtenstein was a leading figure in the pop art movement in America. He produced paintings parodying the comic strip and advertising, and even versions of other artists such as van Gogh.



Our next meeting will be in March when we will be hearing from Margaret about Banksy.

Helen

u3a LITERARY AND POTATO PEEL PIE SOCIETY (AKA BOOK CLUB)

The Book Club is still sharing its love of books during this third, and possibly the most difficult, lockdown. We have increased our membership and all take part in sharing their reviews either by email or zoom. Up until the latest lockdown the Eastwood Library had once again been providing books for reading and discussion and two of the most recent are reviewed below.

The New Mrs Clifton by Elizabeth Buchan

I actually had a German friend and neighbour who had lived in Berlin during WWII. She told me how she and her parents had hid in their cellar as the Russian army approached as they were killing the men and boys and raping the women and girls. They nearly died of starvation but her father would go out at night in order to try and find any food left in the ruined houses. They must have been terrified that they may have been discovered or that the Russians might have caught her father. After the war she came on her own to this country in order to find work as a seamstress. She never spoke of how she had been treated here and I never realised what prejudices she must have met with.

Now to the book.

Gus brings home a German wife much to the horror of his two sisters Julia and Tilly and his fiancée Nella.

I enjoyed reading this book although the tempo seemed to slow a little in the middle of it. One can only imagine the dread Krista faced when she had to go back to Berlin with Gus. The author had us waiting nearly to the end to find out who was buried under the sycamore tree as all three of the women had had a child. I was relieved that it was not Krista however, I felt sorry for Tilly for all the pain she had gone through with giving up her child and that was probably why she took to drink and drugs. I wonder why Krista covered Tilly's body with Nella's coat, was she ensuring that if the body was discovered she would not have been implemented in the murder?

Again it was right at the end of the book when we found out why Gus had married Krista, but it had a happy ending with them growing to love one another and having Theo. I give this book 9/10. Sue

A Rising Man by Abir Mukherjee

A debut book by Abir Mukherjee; a murder mystery with underlying themes of the fight for self-rule for India, drug addiction and poverty in the hot and humid streets of Calcutta.

April 1919, a body wearing a tuxedo is discovered in a street in Calcutta. The body has a screwed up ball of paper in his mouth demanding that the British should leave India as soon as possible. Captain Sam Wyndham and his assistant Sergeant 'Surrender-Not' Banerjee are sent to investigate the crime and unearth a plethora of possible motives. Was the motive political or was it connected to vice and prostitution?

Captain Wyndham is still suffering mentally and physically from the trauma of his service in the First World War and the recent loss of his wife in the flu epidemic of 1918, to assuage his grief he turns to opium, which is easily available and he is in danger of becoming addicted.

The author Abir Mukherjee is of Bengali heritage but brought up in Scotland and he does a clever job of writing the story in the voice of a British policeman working in India and seeing the culture and politics of the region through the eyes of Sam Wyndham, he is able to criticise white colonialism without being seen to be partisan. He even uses some language which these days could be considered offensive but spoken by a character in the book comes across as almost innocuous.

I enjoyed the book moderately, but historical fiction is not my favourite genre, therefore I give it 6/10 Pauline

As the library is once again closed, one of our members has chosen the next book for February which is Finding Henry Applebee by Celia Reynolds. You might like to give these a try.

Stay Safe Sue

The Discussion Group meets **online** whenever we like! Zoom meetings will be arranged when 4 or more people wish to put the world to rights. The contact for the group is Bob Ford, email

webeditor@eastwoodu3a.org.

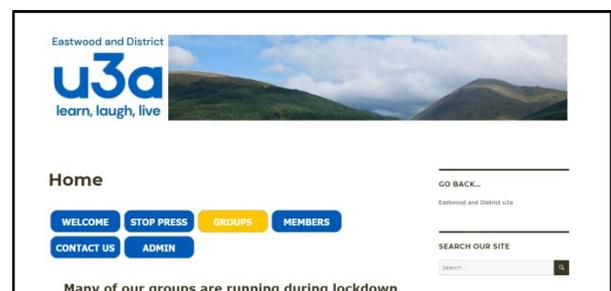
Please let me know if you wish to be on the **mailing list** for this group.

(used to meet the 3rd Friday of every month at The Sun Inn, from 2.30-4.00)

If you wish to join us, you are more than welcome. For further information about the group or what is being discussed this month please contact the group co-ordinator.

Bob Ford

NEW WEBSITE DESIGN



We've been busy during lockdown - giving our webpage a new, modern look. The main aim was to make it easier to navigate and easier to find new or updated items.

There may still be a few tweaks needed but it should appear very soon when you go to the website

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.

NOTE FROM THE EDITOR

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

HISTORY OF ENGLAND GROUP



Henry VIII

Over the past few months our topic has been Henry VIII, 1509 -1547, and his six wives: Catherine of Aragon (divorced), Anne Boleyn (beheaded), Jane Seymour (died), Anne of Cleves (divorced), Catherine Howard (beheaded) and Catherine Parr (survived).

We have seen Henry change from a dashing, athletic young King into, after a bad accident to his leg whilst jousting, a grossly overweight, irritable and ruthless man, constantly trying to gain a male heir to the throne via his various marriages, the last four spanning only a period of seven years.

To marry Anne Boleyn he had to break with the Pope and the Catholic Church and when Cardinal Wolsey failed to acquire the divorce he fell from grace. Henry's supporter Archbishop Thomas Cranmer who, incidentally, was born in Aslockton, Nottinghamshire, finally annulled the marriage.

Henry then proclaimed himself Head of the Church of England and England changed from a Roman Catholic country to Protestant.

Earlier in Henry's reign Thomas Wolsey held the position of Cardinal of the Church and Lord Chancellor and he ran the government of the country so Henry could be left to indulge and amuse himself. Together they organised an event called 'The Field of the Cloth of Gold', a grand exhibition in France, to honour the King of France and Henry's monarchies.

Achievements during his reign included improvement to medicine, establishing of a Royal Navy and the stabilising of Parliament. He also had a love for British culture; great forms of sonnets, blank verse and music were inspired.

Pat Potter

It's hard to make a comeback if you haven't been anywhere.

"Dad, there's a man at the door collecting for the Old Peoples' Home". "Give him Granny".

What do you call a zoo with no dogs? A Shitzu.



POETRY GROUP

At the Open Coffee Morning on 16th February, there was mention of the Poetry Group starting to meet again on Zoom. Previously the format has been to choose a topic and for everyone to select poems on this topic and read them at the next meeting, resulting in lively discussion, laughter and even tears. This is a format that would easily work with Zoom but is not set in stone if members wanted to do something different. Please let Barry Seeley know if you would like to join (or re-join) this group. It would also be great if someone was happy to take on the role of group contact. Again, just have a word with Barry.

FEBRUARY MONTHLY MEETING FROM BARROW TO BAGDAD



Approx 70 people attended the February Monthly Meeting on Zoom. Philip Caine told the story of his working life journey from a schoolboy in Barrow to working contracts in Bagdad. He had left school at 16 with his father expecting him to go to work in the Vickers Armstrong ship building yards but he wanted to work in a hotel. His mother persuaded his father to sign the apprenticeship indentures and so he started his career as a chef. He rose through the ranks and moved on to the Lake District, Harrogate, Cheshire, London and Paris. He then moved back to home as a manager in Blackburn, and with a young family his wife suggested he worked on the oil rigs, which gave more blocks of social time with family. Again, he explained how he had progressed through many promotions to be on the management team for BP 17 years later.

Looking for something new he next found himself working in Algeria running a base in the desert. The next move to a contract in Nigeria was to change his direction and involved dealing with members of the Russian KGB. He invested money in a development of his own but lost everything due to the bank collapse and at the age of 50 was a quarter of million dollars in debt. So came the move to Bagdad and a new contract working for the USA military and by 2010 his debts had been paid. At 60 he took one last contract and this time his wife, who had been his great support throughout his career, went with him to Dubai but due to the insurgence of Isis it was back to Barrow again.

Philip was restless after such a busy life and again it was his wife who came up with the suggestion of writing. He joined a writing group and at the age of 65 wrote his first book, a thriller, using his experiences. Unable to get publishers interested he set up his own publishing and printing business and now has produced 9 novels.

It was due to giving talks in libraries that he got his first invitation to speak to a u3a group and is now presenting these on a regular basis.

Caroline Winfield

A man goes to a pet shop and buys a parrot as company for his elderly mother. The pet shop owner explains that it may need some training, suggesting as an effective method to pop it in the fridge for a few minutes if it's naughty. So that's what he does. Within seconds the rude bird is silent. Then it starts begging to be let out. After a couple of minutes the man's heart softens and he releases Percy who sits quietly on his perch shaking. After about an hour the parrot, still trembling, says I'm so very sorry I've been so naughty, I promise I'll never swear or ever be rude again but I must ask - what did the chicken do?

NATIONAL CENSUS 21st MARCH 2021

As you know, every ten years the National Office of Statistics organises a census to provide a unique snapshot of our society. It enables the government organisations to plan and organise the present and future needs of our population. Billions of funds are allocated to local services using census based information, it is therefore important that it accurately captures everyone in our society.

Census Day takes place on Sunday 21st March 2021 and will be a digital first as organisers are expecting 75% of the population to complete the compulsory form online.

However, many people don't have access to online or are not confident in using online technology, so in order to ensure everyone is involved paper forms will be available. You will receive a letter with the full instructions early March, including details of how to order a paper form. More information available at:

www.census.gov.uk

Barry Doran

IN FOCUS – OUT OF THE BOX



The theme for March is Out of the Box. What does that mean?

Send your photo(s) to 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 on the **IN FOCUS** tab on the website

www.eastwoodu3a.org

I'm reading a book - 'The History of Glue'. I can't put it down.

When I read about the evils of drinking, I gave up reading.

OPEN COFFEE MORNING

Twenty five people attended the Zoom Open Coffee Morning on the 16th February. We had a general chat for about 10 minutes then we split up, 6 people **per breakout room****

Some of the things discussed in the breakout rooms included the possibility of returning to Monthly Meetings, group meetings and any continued use of Zoom after lockdown ends.

In general the majority of the group members would be more than happy to return to Monthly Meetings in the church but with perhaps fewer people and the possibility of maintaining access by Zoom for some members. One group felt that the tea/coffee break was a potential problem.

There was more concern about joining groups in pubs and smaller rooms. Some members felt that Zoom has expanded access – morning meetings, weather problems, disability. Hybrid groups could be the way forward – with each group deciding their individual setup.

What do you think? Email: newsletter@eastwoodu3a.org

****We need a new name for this as it sounds as if we're breaking out of prison!**

THE SATURDAY HOP 1959 (GIRL'S VERSION)

"Hurry up Brenda, we will be late!
 You never know, we may get a date"
 We giggled and laughed as we walked down the street
 Thinking about the boys we would like to meet.
 Our stiletto shoes make us look tall
 So we like to dance with boys not too small.
 We arrived at the dance and the band was playing
 We took to the floor and our hips were swaying
 Our skirts swirled out as we were spinning
 The boys were watching so we knew we were winning
 One of the boys gave me a wink
 I smiled right back to encourage him I think
 He sidled over and took my hand
 'Love me Tender' was playing by the band
 He held me close and he smelled nice
 I think he had had a bath in a bottle of Old Spice
 He held me tight and squeezed me hard
 His hand slid down and I said, "That's barred!"
 "Keep your hands to yourself" I said with a smile
 "Could we maybe sit this one out for a while"
 He bought me one or two Babycham
 He was hoping to get me tipsy, but he doesn't know me
 well you see
 I only get tipsy on Cherry B
 The night came to an end
 Brenda was nowhere in sight
 I suppose she is still with John
 I hope she gets home before it is light
 My new friend walked me to the bus
 I didn't want any fuss
 So, I let him give me a little kiss
 I thought I was in heaven as I got on the no.27
 I watched him walk away
 The boy in the drainpipes, winkle pickers and DA
 He looked disappointed; he had spent all his money
 All he got was a little kiss.
 Don't you think that's funny?

PMR

