

Items for the newsletter should be emailed to

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

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

## Message from the Chairman

Dear Members

Many thanks to all of you that attended our AGM. The new committee met for the first time last week. We had a busy agenda, high on the list of priorities was preparing a plan to re launch Eastwood & District u3a, in particular our interest groups. We have a small group of committee members who will be concentrating on our groups, supporting them to 'get going' again in whatever way they feel comfortable doing.

We are planning to hold our first face to face monthly meeting in October, Government Guidelines permitting. We are working on this being available on Zoom for those members who cannot or would prefer not to attend a full meeting.

In order to make sure that we know what our members want we will soon be sending out a short questionnaire. This will be sent via e mail or post if no e mail is available.

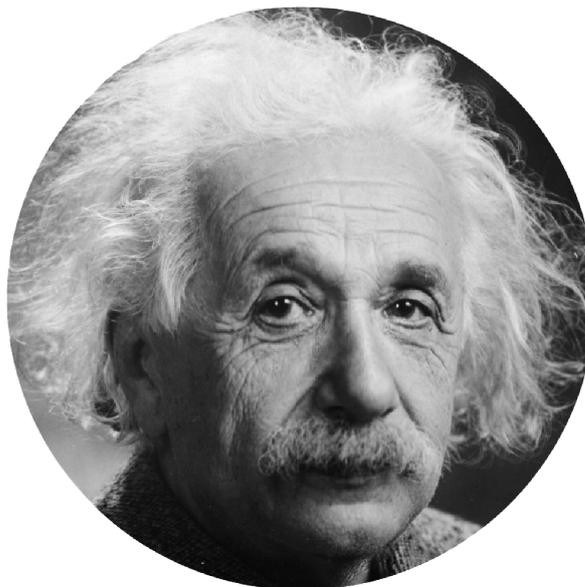
Please take the time to let us know your views. This will help us plan for the future.

This is a challenging but exciting time and hopefully we will be seeing each other in person very soon. So watch this space and I will let you know what is happening as plans evolve.

Continue to stay safe

Chris

## JULY MONTHLY MEETING WEDNESDAY 7<sup>TH</sup> JULY to be held on Zoom



### Einstein for Us – Professor Jim Turner

Professor Turner was in the Physics department at Nottingham University.

The talk is aimed at a general audience and contains only two bits of elementary science.

## Mirthy.

The Mirthy event catalogue continues to expand, meaning you can indulge your curiosity with a variety of unique online experiences, many of which are free.

Throughout lockdown some of our members have enjoyed listening to speakers on a variety of subjects – take a look. <https://www.mirthy.co.uk>

## Monthly Meetings on Zoom

July	7 <sup>th</sup>	Professor Jim Turner - Einstein for Us
Aug		Summer break

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.

## SUMMER BREAK

We have decided that we will not have a Monthly Meeting in August this year. We always have fewer people attending in the summer and as the weather's got better Zoom numbers have diminished. I'm sure they will get lower still when everybody ventures out in the sunshine and spends more time with family and friends (hopefully!).

The break will allow us to get to grips with the Covid guidelines and the technology needed to take us forward safely through the coming months.

Margaret Naylor

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)

Whiteboards are remarkable.

Where do bees go to the loo? At the BP station.

Is it just me or are circles and broken pencils both pointless?

### EASTWOOD & DISTRICT U3A 7TH AGM

was held on  
Wednesday 2nd June 2021 at 10.00 am.  
on Zoom

The meeting was quorate with 74 members in attendance on 54 computers/mobile phones.

All proposals were accepted and unanimously passed by the members present.

#### The New Committee

<b>Chairman</b>	<b>Chris Niven</b>	<a href="mailto:chairman@eastwoodu3a.org">chairman@eastwoodu3a.org</a>
<b>Group Coordinator Support</b>		<a href="mailto:groups.coordinator@eastwoodu3a.org">groups.coordinator@eastwoodu3a.org</a>
<b>Vice-Chairman</b>	<b>Barry Doran</b>	<a href="mailto:vice.chairman@eastwoodu3a.org">vice.chairman@eastwoodu3a.org</a>
<b>Membership Secretary</b>		<a href="mailto:membership@eastwoodu3a.org">membership@eastwoodu3a.org</a>
<b>Vice Chairman</b>	<b>Janet Gibson</b>	<a href="mailto:vice.chairman@eastwoodu3a.org">vice.chairman@eastwoodu3a.org</a>
<b>Publicity &amp; Recruitment</b>		<a href="mailto:recruitment@eastwoodu3a.org">recruitment@eastwoodu3a.org</a>
<b>Business Secretary</b>	<b>Janet Holmes</b>	<a href="mailto:business.secretary@eastwoodu3a.org">business.secretary@eastwoodu3a.org</a>
<b>Health &amp; Safety</b>		
<b>Treasurer</b>	<b>Keith Sherwood</b>	<a href="mailto:treasurer@eastwoodu3a.org">treasurer@eastwoodu3a.org</a>
<b>Groups Coordinator</b>	<b>Peter Hayden</b>	<a href="mailto:groups.coordinator@eastwoodu3a.org">groups.coordinator@eastwoodu3a.org</a>
<b>Online Development, Beacon Admin</b>	<b>Margaret Naylor</b>	<a href="mailto:admin@eastwoodu3a.org">admin@eastwoodu3a.org</a>
<b>Speaker Finder</b>		<a href="mailto:speaker.finder@eastwoodu3a.org">speaker.finder@eastwoodu3a.org</a>
<b>Welfare &amp; Volunteer Coordinator</b>	<b>Janet Lander</b>	<a href="mailto:welfare.coordinator@eastwoodu3a.org">welfare.coordinator@eastwoodu3a.org</a>
		<a href="mailto:volunteer.coordinator@eastwoodu3a.org">volunteer.coordinator@eastwoodu3a.org</a>

#### IN FOCUS

##### Members' photographs page

Would you like to see your photograph in print?

The new theme for the members' photograph page is 'Achievements in Lockdown'. How did you manage to celebrate any special moments, e.g. Golden Wedding, notable birthday, new grandchild? Was it something you made or a garden makeover?

Send in your photographs and one will be chosen to feature in the Newsletter and be the link to the In Focus page on the website. Don't forget to add your name and a description of your achievement.

Send to [webeditor@eastwoodu3a.org](mailto:webeditor@eastwoodu3a.org)

Deadline this month 19th July.



A surprise afternoon tea made and delivered by a close friend for my 70th birthday during full lockdown.

*Caroline Winfield*

#### THANK YOU

I just wanted to say a big thank you to our outgoing committee members. Little did they know when they put their hands up for standing on the committee that they would be helping steer our u3a through one of its most challenging times.

Barry Seeley and Bob Ford are not just standing down from the committee but leaving the area for pastures new. Thank you and we wish you all the best in your moves.

Linda Rothwell and Chrys Millington have both had busy roles on the committee, Linda as Business Secretary and Chrys as Welfare Co-ordinator. They are now having a well earned rest. Many thanks to you both.

We are also saying goodbye to Val Beecham. Val deserves a special mention as she is one of the founder committee members of Eastwood and District u3a, being at the inaugural meetings. Val took on the role of Speaker Finder, a role fraught with anxiety at monthly meetings. Will they find us? Will they be any good? Well Val, mostly they did find us and they were very good. Val is 'retiring' and I want to say a big thank you to her for all her sterling work on our committee.

*Chris Niven*

#### OPENING UP

We're hoping some groups will open over the next few weeks following the current guidelines.

- 30 people can meet outside – this could apply to all walking groups
- People can meet up to 6 to a table inside. No interaction between tables – could apply to Canasta, Board Games etc.\*

\* Depending on venue rules.

**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:** meeting at Colliers' Wood in July. Contact Helen 01773 710 743

**Bird Watching & Wildlife:** meeting at the venues. Contact Paul 07986 037 871

**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

**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. Contact Barbara 01159 468 721

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

**Creative Writing:** Date and time varies. Contact Chris 07891 032 300

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

**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

**Micro Brewery/Pub Pals:** will meet on the 1<sup>st</sup> and 4<sup>th</sup> Thursday in July then continue on the 2<sup>nd</sup> and 4<sup>th</sup> Thursday in August and beyond. Contact Barry 07452 812 758

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

**Radio Waves:** meeting on Zoom at 10.00 am on the 4<sup>th</sup> Friday. Contact: Ray 01773 770 138

**Spanish:** to begin meeting at the Sun Inn on the usual date and time, from 29<sup>th</sup> July. Contact: Paul 07971 549 229

**Veg Gardening:** meeting on Zoom and face to face in members' gardens. Contact Ann 01773 767 686

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

**What new groups would you like?**

**MICRO BREWERY PUB PALS**

Meeting at The Sun Inn on Thursday 1<sup>st</sup> July at 12 noon. *Barry*

**SPANISH**

This group will begin again on the 4<sup>th</sup> Wednesday of July at The Sun Inn between 10.00-11.30 am and then continue the same timetable as before. *Paul*

**ART APPRECIATION – APRIL/MAY 2021**

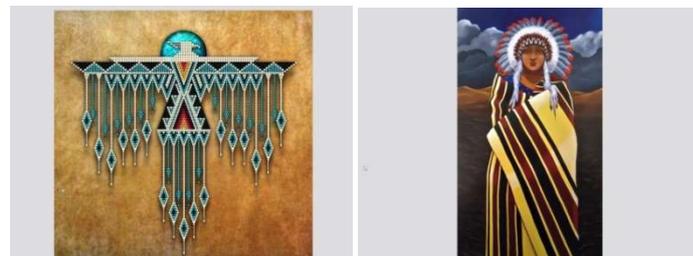
**The Art of the Native American**

We were very pleased to be able to welcome a guest speaker to our Zoom meeting in April. Stuart Hancock gives talks mainly on British and American art in all its forms, generally of the 20<sup>th</sup> and 21<sup>st</sup> centuries.

We chose to hear him speak on Native American art - and what an experience it was. He showed some historic works as he briefly explained the history of the Native Americans, how their art reflected their beliefs and ways of life, and then their treatment by successive generations of settlers and governments. This provided the background to the modern pieces that showed influences from the past.

Stuart had obviously put a lot of time and effort into such a detailed presentation, and we were immensely moved. Many of us had not appreciated how badly the Native Americans had been treated and were stunned by the different view he gave us.

It is unusual for the group to be lost for words during a meeting. There was a lot to take in so we agreed that we needed to take some during our May meeting to reflect on what we had seen and learned. Many of us will be reading more on the subject.



We're all a bit Zoomed up so next month we are meeting outdoors, in Colliers' Wood – weather permitting.

*Helen*

**GROUPS OPENING**

As the groups open up members must comply with all the COVID guidelines and requirements of the premises. Some groups may have to change venue or meeting time as we try to find suitable accommodation.

**EXERCISE GROUP**

In April I started an exercise group. We meet outdoors in Brinsley Park. I am not super fit but cobbled together some simple moves to music to motivate myself to exercise regularly and felt it would be more fun to do it with others. It is low impact aerobics and I am no expert but have incorporated bits of physio, Yoga and Tai Chi.

I am no teacher and not qualified in any way but invite others to copy if they wish; they take responsibility for themselves and how much they do. I am not super fit, there are parts of me that don't bend that well and we don't take ourselves too seriously!

It is free while we are outside and if we use the Parish Hall when permitted there will be a charge to cover the cost.

If anyone is interested to give it a try, please call me on 07519 705573.

I am a u3a member but this not a u3a activity.

*Helen Broomfield*

NB. Other exercise classes are available.

*Editor*

**I before E**

Except when your foreign neighbour Keith receives eight counterfeit beige sleighs from feisty caffeinated weight lifters. Weird!

**JUNE MONTHLY MEETING**



Following a successful AGM with 74 members attending on Zoom, Tony Brewer, from Forest Town gave a photographic presentation entitled 'People'.

He presented a range of photographs he had taken over many years, of people in a variety of situations, many from re-enactment displays where people were dressed from different centuries, some were of homeless people on the streets, some from holidays in Madeira and Cuba.

His favourites were the portraits of people and he showed a number in black and white, explaining how this brings out texture with detail and lines. He gave a number of tips

Tony admitted that the camera could lie and he showed a number of photographs which he had worked on using Photoshop to create different effects or situations. One technique he uses is colour popping, where a detail is be picked out in (say) red, and the rest would be black and white.

Members enjoyed the presentation and commented on the high standard and quality of Tony's work.

*Caroline Winfield*

**BIRD WATCHING & WILDLIFE**



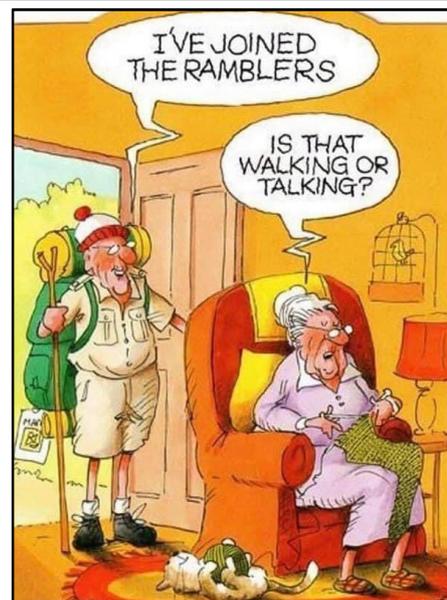
May's outing was to Newstead and Annesley Country Park on a gloomy and damp day. Never the less six of us ventured out to walk around this new wild life environment developed from what was left over from the coal mining industry. We saw the normal ducks along with Swallow, Sand martin and Willow warbler. There was also a great variety of flora amongst the grasses surrounding the lakes. But the surprise of the day had to be the Black necked grebe. We spotted quite a few of these birds. As the weather drew in and the rain started to fall we headed back to the car park, well satisfied.

*Paul and Chrys*

ps. One of our group thought he saw a Penguin. He now has an appointment with Specsavers.



Tyred Birdwatchers



**NOTE FROM THE EDITOR**

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